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Town Crier

70TH YEAR NO. 4 PHONE 978-658-2346 JANUARY 24, 2024 www.HomeNewsHere.com 20 PAGES

Eaton and Fiore Junior pull nomination papers

By CASEY STEVENSON
News Correspondent

WILMINGTON — Nomination papers continue to be pulled for the annual Wilmington town election.

As of this week, only two nomination papers have been pulled.

Charles Fiore Junior has pulled nomination papers for re-election to the Shawsheen Valley Technical High School Committee. Johnathan Eaton has pulled papers for re-election as Town Moderator.

Candidates must return papers with 50 signatured before being put on the ballot.

Neither candidate has returned papers as of yet.

Wilmington is currently scheduled to have their town election vote on April 27, with voting open from 8 a.m. to 8 p.m.

2024 is a big election year for both Wilmington and the country as a whole. As the presidential election for the country happens this year, as well as the state primary this fall.

March 25 from 7 a.m. to 8 p.m. will be the presidential primary.

The state primary is on Sept. 3, from 7 - 8 p.m.

And finally, the presidential election vote will be held on Nov. 5, with voting open from 7 a.m. to 8 p.m.

Voting will take place at the Boutwell School, Wilmington High School, and Town Hall. Voters will cast their ballots based on precinct. Precincts one and two will vote at the Boutwell School, three and four will vote at WHS, and five and six will vote at Town Hall.

Those who need to vote by mail or complete an absentee ballot need to have their ballot in the clerk's office by 8 p.m. on election day. Applications for absentee ballots and vote by mail are available at the *www.wilmingtonma.gov* website, and can be emailed to the town clerk.

Those who need to register to vote must do so by April 17 in order to vote in the annual town election.

Elizabeth Lawrenson, Town Clerk, is also looking for election workers for the upcoming year. The opportunity is paid, and residents are encouraged to reach out to her if interested via email at *townclerk @wilmingtonma.gov* or calling 978-658-2030.

Those interested in running for public office, in working the elections, or who have questions on their voting registration or precinct are able to find the above information and more on the *www.wilmingtonma.gov* website, or by reaching out to Lawrenson.

Happy retirement, George!

Superintendent of Public Buildings George Hooper retired this month. Hooper was in line to become the interim town manager but dropped out. Lou Cimaglia now holds that position. On Facebook, the Town of Wilmington wrote: "After 24 years of dedicated service to the town, we congratulate Superintendent of Public Buildings, George W. Hooper II on his retirement today. George is a lifelong Wilmington resident, who joined the Public Buildings Department in July of 1999 as an electrician and worked his way to become the department's Superintendent in 2009. Outside of his department head position, George has given his time and support to the Wilmington community through his memberships and volunteering. George joined the RMLD Citizens Advisory Board in 2000, the Historical Commission in 2002, the Permanent Building Committee in 2009, the Board of Assessors in 2013, both the Senior Center Building Committee, and the Town Hall/School Administration Building Committee in 2020, and most recently the Wildwood School Committee, as well as previous committees for both the Middle School and High School projects. We thank George for his time, his dedication, his willingness to help, and his ability to make every day a great one. We look forward to seeing George continue to support this great community on his own time now. Thank you, George."

(Courtesy photo)

School Committee hears preschool presentation

By LIZZY HILL
News Correspondent

WILMINGTON — Wilmington Director of Student Support Services Alice Brown-LeGrand and principals Kate Bissell and Kristen Walsh presented at the School Committee during their meeting on Jan. 17 about a plan to bring back full day preschool offerings.

Superintendent Dr. Glenn Brand shared that the district is preparing an educational plan for the new school facility which needs to be provided to the MSBA, and part of that involves preschool.

Brown-LeGrand started by explaining the purpose of a publicly funded preschool is to provide services for students with disabilities at school alongside their typically developing peers. She mentioned that preschool welcomes students at any point after they turn three. The first year is more about becoming comfortable and familiar with a school setting, and the second year exposes them to the academic and social experience.

Walsh went on to describe how the district previously offered a full-day preschool session for students with disabilities who would learn and develop alongside their typically-developing peers. They also provided services for students and consulting with teachers from speech and language pathologists and physical therapists.

They eliminated the program during the COVID-19 pandemic due to the social distancing requirements coming from the CDC and had not resumed the program yet due to enrollment fluctuation and competing needs.

Walsh went on to say that the half-day integrated program for preschool is meant to expose students to school readiness, pre-academic skills, and opportunities for language development and social interaction. This involves four two-and-a-half hour days of school each week, either morning or afternoon session.

Students in the full day integrated preschool program require more in-depth exposure with five and a half hour days taught by a special education teacher and a full-time educational assistant. Walsh specified the full day integrated program is the one that was removed during COVID and not continued.

Bissell shared that the preschool program currently operates two integrated classrooms at each school, all half-day sessions, totaling four half-

PRESCHOOL | PAGE A11W

School Committee receives superintendent's report

By LIZZY HILL
News Correspondent

WILMINGTON — The School Committee received updates from middle school representatives and the superintendent, in addition to reviewing some of their policies, at their Jan. 17 meeting.

Wilmington Middle School student representatives Spencer Walker and Sanjeev Puvanendrakumar shared recent ongoings at the school including Ski Club outings, Homework Club sessions, World Culture Club celebrating Chinese culture, and Robotics Club competitions. They mentioned the upcoming performance of The Little Mermaid Jr. from the WMS drama club and a representative participating in Project 351.

Superintendent Dr. Glenn Brand's report that evening pertained to the Wildwood MSBA project and a new staff position. He detailed that the Wildwood School Building Committee had been meeting to review the variety of building possibilities depending on grade configuration and location.

He shared they were on schedule with MSBA deadlines, having re-

REPORT | PAGE A3W

New K-5 literacy program to begin this fall

By LIZZY HILL
News Correspondent

WILMINGTON — Assistant Superintendent Christine Elliott, Elementary Literacy Coordinator Melissa Bettencourt, and two Wilmington teachers shared the results of a pilot literacy program at the most recent School Committee meeting.

Elliott introduced Woburn Street grade three teacher Annette Owen and West Intermediate grade four teacher Kristen Russo who both participated in the pilot.

Chair David Ragsdale asked if they were expecting the committee to vote in favor of their recommendation that night, which Superintendent Dr. Glenn Brand confirmed to be the case.

Elliot then shared that 15 teachers in total participated in the pilot, at least two per grade, from kindergarten through grade five, where they each piloted two different literacy programs. They were hoping to launch the new program this fall. The Literacy Committee met monthly and selected the programs to pilot, Wonders and Into Reading, as they felt both could fit their needs.

LITERACY | PAGE A2W

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Select Board finalizes new carnival permit process

By LIZZY HILL
News Correspondent

WILMINGTON — The Select Board cleared up the confusion regarding the town by-law and approval process for carnivals, fairs, bazaars, and antique shows during their meeting on Monday Jan. 22.

Assistant Town Manager Susan Inman clarified that she talked to legal counsel and looked more into the process followed under the Zoning Board of Appeals. She mentioned the board was tasked with creating an approval process only for carnivals.

Inman shared, "In section 4.1.9...[the town by-law] clearly states 'in all districts, any building or premises operated by a municipality or religious organization or private organization or club may be used with the owner's permission.'"

Where there is private property used for a fair, bazaar, or antique show, she said all that is needed per the by-law is the owner's permission.

In the case of a carnival on town public property, the Select Board would need to grant the approval, as they represent the town as the owner. Inman also shared the health director, the fire chief, and the police chief had all approved the permit as prepared for the Select Board that night.

She also sent it to legal counsel, who told her that all it needs to do is allow the board to request the information they need in order to approve the carnival.

She explained she tried to merge this permit process between the previous ZBA process and what was typical for the Select Board. Another addition she mentioned was recommended by the fire chief, to include the storage of flammable combustible materials. As it was drafted at that time, the permit application provided the applicant would notify the abutters within 300 feet of the Select Board meeting during which the application would be discussed.

Inman then suggested the board approve the permit and allow the 4th of July Committee to submit their application, and any kinks in the process could be worked out.

Select Board member Lilia Maselli commented that she only wanted to make the process easier, not more difficult.

Inman went on to describe how the special permit process is only for carnivals. She also explained how there was room on the last page of the application if the board wanted to charge a fee or waive it.

Greg Bendel said he wanted to make it clear this process was the same as the previous ZBA process, but with a few minor tweaks. He also asked if community members would be notified the process has been approved by the board. Inman shared that she had been keeping and would continue to keep 4th of July Committee Chair Pat Giroux up to date.

Chair Gary DePalma suggested they add a place to confirm Board of Health signoff on the form. However, Inman repeated the Board of Health reviewed but not added a place for signoff or incorporating the food permit process. Inman said she was comfortable with vendors understanding there would be a different process allowing the sale of food.

DePalma also wanted to see the form mention more often that the details would be subject to the approval of the board. Inman agreed to add this, but reminded them they could work out any details with the applicant.

Kevin Caira proposed the town send the letters to the abutters and send an advertisement to the *Town Crier*, which would be paid for through the charging of a fee to the applicant. Inman mentioned the Select Board typically has the applicant send out the notices using first-class mail, but they could change it if so desired.

With this change, the town would collect the street addresses and send out notifications along with the advertisement to the *Town Crier* and then send a bill to the applicant to account for those costs. They would also set the Select Board meeting date for reviewing the application.

Caira also suggested clarifying that the carnival ride breakdown should be relatively balanced. The other board members agreed they could change that language but they would certainly understand if it wasn't strictly met.

Inman then answered a question from Caira from another meeting, saying the wording used regarding background checks was correct.

Bendel reminded the audience this approval process moving from the ZBA to the Select Board came from a change made by vote at the April 29 Town Meeting, and this was the board's first year operating this special permit process.

The board voted to approve the process established, with all of these updates.

Proposed multi-family housing zoning to be voted on at Town Meeting on Saturday, May 4

WILMINGTON — The Town of Wilmington is required by a new state law (Section 3A of MGL Chapter 40A) to create an as-of-right multi-family zoning district of at least 50 acres, half of which is required to be located within a half mile of a commuter rail station. The district must allow for at least 1,248 units of multi-family housing and is required to have a density of at least 15 units per acre. The new zoning must be in place by Dec. 31, 2024.

Following a two-week online community survey and public outreach, the Wilmington Planning Board has drafted a multi-family zoning district proposal for consideration at the May 4, 2024 annual Town Meeting. Text and maps for the "MBTA Multi-family Overlay District (MOD)" can be viewed on the town's Planning & Conservation webpage: *https://www.wilmingtonma.gov/planning-conservation.*

The MOD is proposed as an overlay district that adds an option of future multi-family housing development on top of the existing zoning. Three-story multi-family development would be allowed as-of-right within the following four sub-districts, the exact boundaries of which can be viewed on the town's Planning & Conservation webpage:

Main Street Mixed Use Sub-district — west side of Main Street from 433 Main St. (corner of Burlington Avenue and Main Street) north to 271 Main St. (McGovern Hyundai). This sub-district requires a ground floor commercial use in order to have residential on the upper two floors.

Burlington Avenue Sub-district — 10 Burlington Ave. (Metro apartments site).

Deming Way Sub-district — Deming Way Wilmington Housing Authority site.

West Street Sub-district — 121 West St. (Regency Apartments site), 114 West St. (storage facility), 108 West St., and 100-104 West St. (Approved 40B development at the corner of West Street and Lowell Street).

If passed with a majority vote at Town Meeting, the proposed MOD zoning would meet the new Section 3A requirement, keeping the town eligible for grant funding, keeping the Wilmington Housing Authority funding intact, and avoid enforcement action by the state.

Please visit the website for more information about the Section 3A requirement and how the town is proposing to address it. Do not hesitate to contact Valerie Gingrich, Director of Planning & Conservation at 978-658-8238 or *vgingrich@wilmingtonma.gov* with any questions.

Recommendation: to adopt Into Reading program

LITERACY FROM PAGE 1

The committee brought in trainers from both companies to provide guidance and collaboration. They also collected feedback on the programs as the pilot continued and eventually scored each program by criteria they determined. The participating teachers also filled out independent questionnaires throughout their experience.

The recommendation that emerged from the pilot program was to adopt the Into Reading program for grades k-5 in Wilmington. This came from a series of criteria where Into Reading scored slightly higher in most categories, along with a vote wherein 90 percent of participants were happy with Into Reading and 56 percent said they would be disappointed to adopt Wonders.

The committee also shared general feedback where they appreciated the structured literacy slides, phonics practice, comprehensive units, and read-aloud books in Into Reading.

Melissa Bettencourt then shared a little more about the proposed program at each grade level and its components. She mentioned the program offered a lot in terms of projects, small group instruction, shared reading, and daily writing. While they implement the program, it would require making decisions to develop key foundational skills.

They also wanted to purchase the materials for pilot teachers to continue this program through the end of the year, and then everything else for training for all staff in March.

The Literacy Committee would continue to meet to create a plan for summer and next year in terms of implementation and to allow teachers to prepare for the fall. They were also planning to host information sessions for parents and guardians.

M.J. Byrnes said she liked the plan of action. She asked about the program's ability to accommodate English language learners in terms of accessibility. Elliott said they believed the program was a strong tier one curriculum, and Bettencourt mentioned there is digital material provided.

Dr. Jenn Bryson asked for opinions about the diverse texts incorporated into the program. Elliott shared the text sets were selected deliberately, but they hadn't seen all the materials yet. Bettencourt added there were social-emotional lessons also built in.

Bryson also wondered about student engagement. Elliott said they saw growth in some classrooms in their universal screening data and excitement from teachers about upcoming MCAS testing.

The pilot teachers also mentioned the students were much more engaged with Into Reading than with Wonders.

Lastly, Bryson asked about using the grade six portion of the curriculum. Elliott said they would discuss it in the future but hadn't yet.

Stephen Turner asked about any weaknesses in the curriculum. Elliott shared that the literacy pathway was incomplete, where in some components the resources weren't aligned. They also foresaw issues with students not being taught all the prerequisites from the earlier years of the curriculum when they start with it in more advanced grades.

This would be the job of the Literacy Committee: determining what elements needed to be backfilled and what could be reduced as they prepare to launch the new curriculum. They would also offer regular professional development to teachers.

Turner commented that he had concerns about missing resources. Bettencourt clarified they were aligning certain resources and building materials to finish out this second structured literacy pathway based on the original foundations pathway.

Jay Samaha noted the difference in preference of teachers through the pilot program when the two programs seemed similar on the surface.

Jesse Fennelly asked if there was a significant price difference between the two programs. Elliott said there wasn't.

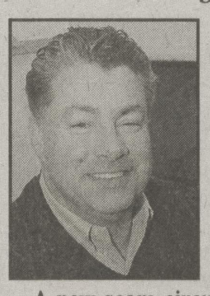
Ragsdale commented that he appreciated the process done in partnership with the teaching staff. He said the teachers may have been motivated to participate by the collaboration and influence they could have on the new program.

The committee voted unanimously in favor of the recommendation to adopt Into Reading.

Advertisement

It's Your Money

by Todd Brisbois



ATTEMPTING THIS W-2 SCAM CAN LEAD TO PENALTIES FOR TAXPAYERS

A new scam circulating on social media urges people to use wage information on a tax return to claim false credits in hopes of getting a big refund.

How the W-2 scam works: The scheme encourages people to use tax software to manually fill out Form W-2, Wage and Tax Statement, and include false income information. Scam artists suggest people make up large income, withholding figures and employer. Scam artists then instruct people to file the bogus tax return electronically in hopes of getting a substantial refund — sometimes as much as five figures — due to the large amount of withholding.

Another scam involves people making up fictional employees employed in their household and using Schedule H (Form 1040), Household Employment Taxes, to try claiming a refund based on false sick and family medical leave wages they never paid. Taxpayers use the form to report household employment taxes if they hired someone to do household work and those wages were subject to Social Security, Medicare or federal unemployment (FUTA) taxes, or if the employer withheld federal income tax from those wages.

The IRS, together with Security Summit partners in the tax industry and the states, is actively watching for this scheme and others. In addition, the IRS works with payroll companies and large employers as well as the Social Security Administration to verify W-2 information. People who try this scam face a wide range of penalties, including a frivolous return penalty of $5,000. They also run the risk of criminal prosecution for filing a false tax return.

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News and notes from WCTV

Hello friends and neighbors! Here's what's going on at WCTV!

NEW PROGRAMMING JUST FOR YOU!

Current Insights — RMLD (Reading Municipal Light Dept) podcast/video, Episode #8

On this informative and timely episode, hosts Gregg Phipps and Julie Blackley discuss cybersecurity with RMLD's Director of IT, John Pelletier who sheds light on how RMLD defends itself from cyber attacks and the cyber security threats in today's increasingly connected world.

It All Boyle's Down To This — podcast/video, Episode #22

On this lively, father and son hosted podcast, Jack and Jim Boyle discuss the five NFL games on Wild Card Weekend, predict the divisional round winners, rant on about John Henry and the Sox. Tune in for this fun and entertaining podcast, you won't be disappointed!

*These programs can be viewed on WCTV channels or on WCTV's Youtube channel: WCTV Wilmington

Meetings covered by WCTV:

Monday Jan. 29, 7 p.m. - Select Board

View on: Verizon channel 38 and Comcast channel 22.

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To watch programs On-Demand or for more information check us out at *WCTV.org.*

WCTV is located at 10 Waltham St., Wilmington

Office hours by appointment: (978) 657-4066.

Questions about WCTV? Contact: *info@wctv.org.*

Lifestyle

Count your BACKYARD BIRDS this February

By PAIGE IMPINK
News Correspondent
paige@yourtowncrier.com

Birds are everywhere, but as we've learned, they are subject to climate impacts and human actions just the same as other animals. And globally, bird counts are dropping.

For four days in February, citizen bird watchers can help scientists capture information about birds in our area and around the world, helping to learn how birds are doing in this time of climate challenge and habitat destruction. Residents young and old are invited to participate in the Great Backyard Bird Count, a collaboration of The Cornell University Lab of Ornithology, Birds Canada, the National Audubon society, and *BirdCount.org*, part of Wild Birds International.

The goal in conducting the count in February is to capture as much information about bird populations as possible before annual migrations begin. From Feb. 16-19, 2024, observers are asked to look out their windows or go to their favorite bird watching places and write down every bird they see.

Observations can be as short as 15 minutes in duration, or span the weekend. Some people even watch and count intermittently through the day on one or more days of the event.

Bird sighting data is collected online and just requires a free account creation. Information for birds in your area will be used to prompt for questions as you add your list. Participants are asked to pinpoint on a map where their observations were taken from. Photos and recordings of birds can also be uploaded and shared with the GBBC.

Estimates of birds that are in large flocks can be done by counting a small square of birds and then multiplying by how many squares might cover the flock. And, if a rare species is spotted and not on your area's list, the GBBC will flag that entry and have it verified.

(Paige Impink photo)

Participants create a checklist and enter a new list each day of the count. If a group is counting birds, it is requested that only one person submit the list for the whole team.

Printable checklists are available also which can be helpful for carrying out to the field or use while sitting at a kitchen table. Birds can be observed from anywhere which makes this citizen science project so exciting and accessible.

There are helpful online tools to help identify any birds you see or hear during the count, including the Merlin Bird ID app which is available free for smartphones. There is also an eBird Mobile app that has a handy list of birds that can be used. Desktop or laptop computers can also be used to enter data, but paper lists are not accepted.

According to the GBBC website, counts may be entered starting at midnight the first day of the count and continue through March 1, 2024, but must only be data for the birds observed during the four days of the count.

To register and create a free account, visit *www.birdcount.org*. We'll be excited to see how many sightings are listed from the area!

Community forum on Feb. 1 regarding visioning process

REPORT FROM PAGE 1

viewed options for pre-kindergarten through grade five earlier that month, and later that month reviewing possibilities for only pre-kindergarten and kindergarten or pre-kindergarten through grade three.

Brand invited any interested residents to attend the next meeting remotely or watch it back later. He also informed the public about an upcoming community forum on Feb. 1 at 6:30 p.m. for updates on the educational visioning process and guiding principles, a space summary review, and conceptual school building options.

School Committee member Dr. Mike Mercaldi asked the superintendent to clarify the next steps for the project.

Brand detailed that after reviewing all the options, the Wildwood School Building Committee would score each one based on certain criteria as they try to narrow the options down to a single preferred option. He specifically said they can't preference any one particular site or grade configuration yet.

Chair David Ragsdale noted the potential designs provided by Dore + Whittier point back to feedback received during the educational visioning process and guiding principles.

M.J. Byrnes asked when a presentation would be made to the School Committee. Brand replied the committee was welcome to add an agenda item to one of their future meetings in this regard, but also they have representatives on the Wildwood School Building Committee who can present information from that committee and return feedback that way.

He reminded the committee the Wildwood School Building Committee is leading this project development, though the town eventually has to vote to expend the money and they do welcome community feedback.

Regarding a new position, Brand announced the school district sought a grant in order to add an extra family engagement specialist position. He said the two existing specialists are at capacity, while needs continue to grow.

The committee later reviewed some of their policies with slight updates. Brand said they were operating by best practice to regularly review their existing policies going through the policy book. He also said they were prioritizing those that seemed more pressing.

The first policy reviewed was the policy on drug and alcohol testing for bus and commercial vehicle drivers. Dr. Jenn Bryson said the updates here were made following Massachusetts Association of School Committee guidelines.

Next, they looked at their policy on student conduct on school buses. Ragsdale pointed out the substance of the policy was the same, and the updates were only in the references.

Bryson proposed a slight word update to change "parent" to "parent/guardian" in a few places.

Jay Samaha asked if this policy was separate or the same as another similar policy, and Byrnes answered they needed both.

A similar update was proposed to switch the language to say "parent/guardian" on the policy about student transportation in private vehicles.

Regarding the meal change policy, Stephen Turner noted the policy was written before the district switched to providing free meals for all students. He suggested this policy would need rewriting. Byrnes said there was a policy currently under review by the MASC that may offer revisions to this policy. Ragsdale proposed the committee keep their eyes on this policy.

Lastly, they looked at the equal employment opportunity policy. Ultimately, Ragsdale said they would bring the policies back for approval at their next meeting.

In subcommittee reports, Turner mentioned WEF adding a spring-cleaning donation drive to their efforts. Ragsdale reported on the most recent SEPAC meeting where they received a presentation from DESE on the tiered monitoring review that would be completed in the district.

The committee's next meeting will be on Wednesday, Jan. 24 at 7 p.m.

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PUBLIC NOTICE

RIGHT OF WAY MAINTENANCE

As required by Massachusetts General Law Chapter 132B, National Grid (New England Power and/or Massachusetts Electric Company) hereby gives notice that it intends to selectively apply herbicides along specific transmission line rights-of-way in 2024.

The selective use of herbicides to manage vegetation along rights-of-way is done within the context of an Integrated Vegetation Management (IVM) program consisting of mechanical, chemical, natural, and cultural components. In right-of-way vegetation management the pest or target is vegetation (primarily tall growing) that will cause outages and safety issues. National Grid's IVM program encourages natural controls by promoting low growing plant communities that resist invasion by target vegetation. The selective use of herbicides and mechanical controls are the direct techniques used to control target vegetation and help establish and maintain natural controls.

National Grid may utilize any of the herbicides noted the MA Sensitive Materials list. Rodeo, and possibly one of the following herbicides, Arsenal or Arsenal Powerline, will be applied directly to the surface of stumps immediately after target vegetation is cut (Cut Stump Treatment). Garlon 4 or Garlon 4 Ultra will be applied selectively to the stems of target vegetation using hand-held equipment (Basal Treatment and Dormant stem treatment). Krenite S or Rodeo, mixed with Escort XP, and one of the following herbicides, Arsenal or Arsenal Powerline, or Milestone will be applied selectively to the foliage of target vegetation using hand-held equipment (Foliar Treatment). Cambistat as a tree growth regulator. Applications shall not commence more than ten days before nor conclude more than ten days after the following treatment periods. The herbicide mixes and additional information about rights of way management in Massachusetts can be found here: https://www.mass.gov/rights-of-way-vegetation-management

Municipalities that have rights-of-way that were treated in 2023 but may require some touch-up work in 2024:
Wilmington

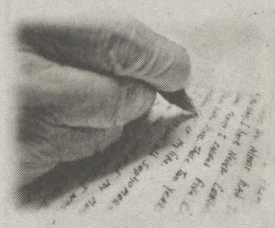
Treatment Periods

February 1, 2024 – May 30, 2024	May 30, 2024 - Oct 15, 2024	Oct 15, 2024 – Dec 31, 2024
CST	Foliar	CST
Basal	CST	Basal
Dormant Stem	Basal	Dormant Stem
	Cut stubble	

**The exact treatment dates are dependent upon weather conditions and field crew progress.*

Further information may be requested by contacting (during business hours, Mon-Fri from 8:00 am-4:00 pm):
Mariclaire Rigby, National Grid, 939 Southbridge Street, Worcester, MA 01610.
Telephone: (781) 290-8310 or email: mariclaire.rigby@nationalgrid.com

OPINION



Letter to the editor

Gratitude to Nichols Funeral Home for father's care

To the Town Crier,

We would like express our gratitude to Nichols Funeral Home for their extra special care in our father's recent visiting hours and funeral arrangements. Margaret Cavanaugh supported us through the entire process, and Kelly Cavanuagh Evans handled every detail.

Father Walter Carreiro, Parish of the Transfiguration, personalized the service at St. Thomas of Villanova beyond our hopes. A special nod of appreciation to Bobby Shelley for his love and concern on Saturday, and always.

We would be remiss in not thanking the emergency responders of the Wilmington Police and the Wilmington Fire Departments. They supported our parents over they years when needed, and we knew that they were in very patient, kind and professional hands.

Wilmington is so fortunate to have these compassionate and skilled community members in their midst!

Sincerely,
Christine and
Joe McMenimen, Jr.

Area legislators testify on resolutions encouraging free and fair elections in Cambodia

BOSTON — State Senator Ed Kennedy testified alongside State Representative Vanna Howard before the Joint Committee on Veterans and Federal Affairs in support of Senate Bill 2326 and House Bill 3507. Both Bills are Resolutions condemning political oppression and encouraging free and fair elections in Cambodia.

Senate Bill 2326 was filed by Sen. Kennedy while House Bill 3507 was filed by Rep. Vanna Howard.

Signed on Oct. 23, 1991, the Paris Peace Accords sought to bring democracy to Cambodia following the Khmer Rouge genocide from 1975-1979, and subsequent 12 year-long civil war. 19 nations signed this international agreement seeking to resolve political conflict and turmoil in Cambodia by setting forth the right to self-determination of its people through free and fair elections.

Significant expenditures in the form of international aid have been made in order to promote a pluralistic, multi-party democratic system in Cambodia.

"Although elections have been held in Cambodia over the past 23 years — international observers agree they have been far from free and fair," said Sen. Kennedy (D-Lowell) before the Joint Committee.

Since 1991, the government of Cambodia has engaged in oppressive tactics aimed at limiting democratic expression, including the restriction of its media environment by ordering radio stations to cease operations and by arresting journalists.

Leading opposition parties have also been dissolved and opposition party leaders have been arrested or exiled in an effort to repress viable political challenges.

"What we all want, whether you live here in Lowell, or abroad, is for Cambodia to be a prosperous, democratic, and independent country where all voices are heard. Cambodian people should be allowed to exercise their voice and choice in shaping the future of their country and not compromising the true spirit of the country's constitution. It is my hope Cambodia will restore the multi-party system in democracy, reverse the convictions of government critics, and allow independent media outlets to resume immediately without any interference. Free and fair elections are vital components of a democratic state in the protection of the liberty and human rights of its citizens. That's the true definition of democracy," said Rep. Howard (D-Lowell) before the Joint Committee.

Sen. Kennedy initially filed this legislation during his first term as State Senator in response to the 2018 Cambodian election — the first in Cambodia following the dissolution of the opposition. That year, Sen. Kennedy was a member of the Lowell City Council that voted unanimously on a resolution recognizing the election as fraudulent.

In the years since this legislation was first pursued, the government of Cambodia has held other sham elections, most recently last summer.

In addition to the testimonies of Sen. Kennedy and Rep. Howard, State Representative Rodney Elliot also testified before the Joint Committee.

"I have cosponsored this bill as I have personally traveled at my own expense to the remote villages of Cambodia to witness the oppression and intimidation tactics to prevent free and fair elections. It is my hope that this resolution passes to implement the United Nations recommendations to promote democracy and prevent further erosion of human rights," said Rep. Elliot (D-Lowell).

Members of Cambodian diaspora and Cambodian community in Lowell, like Lowell School Committee member and Sen. Kennedy's District Director Dominik Lay also made their way to Beacon Hill to testify.

"Cambodia is ruled by a Communist Party, and I would like to ask that we give hope to those that have the courage to stand up for Democracy and for what is right and what is fair," Lay said in his testimony.

This issue has widespread support in the City of Lowell, which is home to the second largest Cambodian American population in the United States and has bipartisan support nationally.

Congresswoman Lori Trahan of Lowell has co-sponsored bipartisan legislation in the U.S. House of Representatives to direct the President to impose sanctions on Cambodian officials who are responsible for anti-democratic actions and human rights violations.

Additionally, United States Senator Edward J. Markey has joined other federal lawmakers from both parties in announcing a resolution commemorating the landmark Cambodia Paris Peace Agreements.

The Resolutions filed by Kennedy and Howard would send a message to federal partners and Massachusetts constituents, particularly those of Cambodian American descent, that the Commonwealth of Massachusetts stands with them in opposition to political oppression and joins with them in the hope that free and fair elections will finally arrive in Cambodia as was promised way back in 1991.

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office@yourtowncrier.com.

All submissions must be accompanied by full name, address, and daytime contact information for verification purposes.
Letters must be e-mailed by noon on Monday in order for consideration the same week's edition.

Healey-Driscoll Administration announce municipal relief package to help local gov't deliver critical services

BOSTON — At the Massachusetts Municipal Association (MMA)'s Annual Meeting, Governor Maura Healey and Lieutenant Governor Kim Driscoll announced that they will be filing a significant package of municipal reforms to help cities and towns generate the resources they need to maintain and deliver vital services, streamline operations and attract talented workers to local government.

The Municipal Empowerment Act will expand on tools available to municipal leaders to generate revenue by allowing them to increase local option taxes on meals and lodging. The bill would also create a new local Motor Vehicle Excise surcharge option — a provision that could benefit every city and town in the state. The bill would also give municipalities more local control over the number of liquor licenses issued in their communities and make permanent a number of popular COVID-era allowances for hybrid public meetings, outdoor dining permits and to-go cocktail sales.

"Massachusetts is home to 351 cities and towns that are the bedrock of our state. From day one, our administration has been committed to giving them the support and resources they need to build strong communities and grow their economies," said Governor Healey. "The Municipal Empowerment Act proposes multiple reforms that municipal leaders have asked for to improve the services they can provide to their communities and make operations more efficient. We are also proud to be increasing funding for roads, bridges, schools, and municipal services to improve quality of life in all of our communities."

"I've spent the past year traveling the state and meeting with municipal leaders to hear directly from them about how the state can best support their needs. What we heard loud and clear was a desire for partnership to improve municipal finances and operations," said Lieutenant Governor Driscoll. "The Municipal Empowerment Act is a direct result of these conversations. This package reduces red tape that municipal leaders far too often encounter and gives them more options to utilize tools that will make their communities stronger."

The bill is a product of the municipal listening tour led last year by Lieutenant Governor Driscoll and other members of the administration. They heard from over 130 managers and administrators from 112 different municipalities and solicited input from professional associations representing local leaders and employees — receiving feedback from more than 20 such groups. What emerged from these sessions were concrete suggestions for how the state can better partner with our cities and towns — from solutions to acute workforce challenges, to relief from specific administrative burdens, to new tools to make local management more efficient and effective.

Governor Healey also detailed some of the Local Aid support cities and towns can expect to see when she files her annual budget proposal for Fiscal Year 2025 next week. The administration's Fiscal Year 2025 budget will recommend increasing Unrestricted General Government Aid by 3 percent to $1.31 billion. Consistent with Governor Healey's State of the Commonwealth address on Wednesday night, the budget will also propose to fully fund the fourth year of the Student Opportunity Act, boosting Chapter 70 aid to local public schools to $6.86 billion, a $263 million or 4 percent increase over Fiscal Year 2024. Overall, Local Aid in the budget will total $8.7 billion, a 3 percent increase over the current fiscal year.

"The budget we will file next week will reflect this administration's commitment to Local Aid and desire to keep our partnership with cities and towns at the forefront of so much we hope to accomplish," said Secretary of Administration and Finance Matthew J. Gorzkowicz. "The funding we have identified for unrestricted aid and Chapter 70 for schools will complement the reforms proposed today in the Municipal Empowerment Act to make sure our communities remain vibrant, attractive places to live and work."

The administration also plans to file a two-year, $400 million Chapter 90 bill alongside the Municipal Empowerment Act, proposing a multi-year authorization to help build in predictability for municipalities looking to plan longer-term projects. The annual Chapter 90 authorization would be supplemented by another $100 million for local road and bridge repairs through Fair Share surtax spending proposed in the Fiscal Year 2025 budget, and an additional $24 million dedicated to rural communities. Additionally, Lt. Governor Driscoll has directed MassDOT and the Executive Office for Administration and Finance to assemble a working group of state and local officials to review Chapter 90 administration and recommend ways to reduce the complexity and burdens of applying for and receiving these vital transportation funds.

"Whether you drive, bike, walk, or take public transit, transportation impacts every part of our lives. I want to thank Governor Healey, Lieutenant Governor Driscoll, and the legislature for supporting Chapter 90 funding," said Transportation Secretary Monica Tibbits-Nutt. "This funding will help us to repair roads and bridges and make key capital improvements and investments across the state. I look forward to working with the Healey-Driscoll administration as we continue to deliver equitable, reliable, and resilient transportation options for all 351 of our cities and towns."

The Municipal Empowerment Act is designed to arm local governments with greater tools and supports to chart their own course and make local management more efficient and effective.

Like state government, businesses and households across the state, municipalities have budgetary challenges that impact their ability to deliver services that residents depend on and expect. To empower communities to generate more local revenue, the bill includes several local options:

Increasing the maximum local option lodging tax on hotel, motel and other rentals from 6 percent to 7 percent of the price of a room (6.5 percent to 7.5 percent for Boston)

Increasing the maximum local option meals tax from .75 percent to 1 percent of the sales price of a meal at a restaurant or local store

Adding a new 5 percent local option Motor Vehicle Excise surcharge, a fee charged by every city and town on vehicles registered in their communities based on the vehicle's value

Other highlights focused on fiscal and staffing stability include:

Creating new property tax exemptions for seniors to allow cities and towns to adopt a Senior Means Tested Property Tax Exemption for qualifying seniors and to increase existing senior property tax exemptions.

Addressing long-term benefit funding pressures by establishing a new OPEB Commission to take a fresh look at opportunities to address unfunded liabilities from non-pension employee benefits.

Allowing the creation of Regional Boards of Assessors to allow municipalities to create streamline duties and reduce significant staffing challenges.

Creating additional flexibilities in post-retirement employment by expanding the process for seeking exemptions to post-retirement employment rules.

Book Stew Review

'The Swing' by Britta Teckentrup

By EILEEN MACDOUGALL

Adults read picture books for any number of reasons: choosing enjoyable reads for their young relatives and friends, recognizing the value of the art of illustration; and just enjoying a well-told story. And some of us just never got over leaving picture books behind when we moved on to chapter books!

Whatever the reason, I suggest that you choose a picture book and add it to your checkouts the next time you're at our splendidly remodeled Wilmington Memorial Library.

I chose The Swing, written and illustrated by Britta Teckentrup, and was greatly moved by all the playmates, parents, and even foxes, who share a two-seater swing on a bluff by the ocean, in all four seasons and in all weathers.

The gorgeous art conveys the sense of wonder and adventure of moving into the sky with the sea churning below. A plot develops late on in the narrative, and it will be treasured by both the reader and by the person who gets to just sit close and marvel at the images.

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WHS earns college board AP Computer Science Female Diversity Award

WILMINGTON — Wilmington High School has earned the College Board AP® Computer Science Female Diversity Award for achieving high female representation in AP Computer Science Principles. Schools honored with the AP Computer Science Female Diversity Award have expanded girls' access in AP computer science courses.

More than 1,100 institutions achieved either 50 percent or higher female representation in one of the two AP computer science courses or a percentage of the female computer science exam takers meeting or exceeding that of the school's female population during the 2022-23 school year.

In 2023, Wilmington High school was one of 834 schools nationwide recognized in the category of AP Computer Science Principles (CSP). Only 17 schools in Massachusetts earned this recognition.

AP Computer Science Principles is an introductory computer science course aimed at exposing students to the wide variety of topics in the field. Last year, with the help of the Mathematics Curriculum Team Leader Mary Beth Valuk, WHS was awarded a $20,000 grant from Project Lead the Way to revamp and expand the Computer Science Curriculum.

As a result, WHS has expanded beyond Computer Science Principles, to additionally offer AP Computer Science A, a first year college course focusing in Java programming, and two introductory Computer Science Essentials courses.

Vote early in person

TEWKSBURY — Early voting in person will be available for the March 5, presidential primary.

An application is not required to vote early in person... just show up and vote!

Early Voting in Person Period:

Saturday Feb. 24 from 9 a.m. - 5 p.m.

Monday Feb. 26 from 7:30 a.m. - 4:30 p.m.

Tuesday Feb. 27 from 7:30 a.m. - 6 p.m.

Wednesday Feb. 28 from 7:30 a.m. - 4:30 p.m.

Thursday Feb. 29 from 7:30 a.m. - 4:30 p.m.

Friday March 1 from 7:30 a.m. - 12:30 p.m.

EARLY VOTING (by mail or in person) FAQ:

If I applied for a vote by mail ballot can I appear to vote in person at an early voting site or at the polls on election day?

YES, If your vote by mail ballot has not been received back to the Town Clerk's Office — you may still appear to vote in person at the polls on election day. These voters will be required to complete additional paperwork and will need to show an ID. Should your mail in ballot be received after you voted early in person or at the polls on election day that ballot will be rejected and will not be counted.

NO, If a vote by mail ballot has already been received back by the Town Clerk's Office. A returned vote by mail ballot is considered cast and you will not be eligible to vote by mail, early in person or in person at the polls on election day.

If I vote early in person can I appear to vote in person at the polls on Election Day?

NO, If you appeared to vote early in person your ballot will be considered cast and you will not be eligible to vote by mail, or in person at the polls on election day. Voting in person at the polls after submitting an early ballot is prohibited as outlined in 950 CMR 4 7.19.

When & how is an early voter's ballot cast?

All vote by mail and early voting in person ballots will be opened and inserted into a tabulator before election day or fed through the tabulators at the polls on election day. These ballots will be kept secured, locked, and unexamined until the polls are closed on election day.

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OBITUARY

Ann Brook (Holzinger) Pinkham

Nurse in the Wilmington school system

Ann Brook (Holzinger) Pinkham, 80, of Manchester, New Hampshire died peacefully at her home on Jan. 14, 2024, with her loving family by her side.

She was born on May 14, 1943, in Cranston, Rhode Island, daughter of Joseph Holzinger and Elinor (Thomas) Holzinger.

Ann and her husband, Richard Pinkham, were married on July 14, 1973, and recently celebrated their 50th wedding anniversary. Ann was a devoted mother and grandmother. She loved both beyond measure.

She graduated from Massachusetts General Hospital School of Nursing in 1964 and practiced nursing until her retirement in 2003. She was a nurse at Mass General Hospital for a year, lived on Beacon Hill, and then drove to California with her best friend (Margie) to practice nursing there.

In 1966, she came back to Mass General to continue nursing. After having her children, she became a school nurse in the Wilmington Public School system in Wilmington until her retirement. She was known as a most caring and compassionate family member, teacher, and friend.

Ann enjoyed spending time with her family in any way she could, including camping, boating, vacationing, and cruising. She absolutely loved to be on the water, whether it be the ocean or inland lakes. Before their move to Florida, for many years the family lived on Country Pond in Newton, New Hampshire.

She and Richard took advantage of early retirement by traveling the country in an RV, finding many adventures along the way. After traveling for a few years, they settled in Florida for 13 years, living first in Beverly Hills on the west coast of Florida where she enjoyed volunteering at the Homosassa Springs Wildlife State Park, and then in Daytona Beach shores on Florida's east coast.

But Ann missed being close to her children and family, so she and Rich moved back to New Hampshire in 2016.

Ann was predeceased by her parents, Joseph and Elinor Holzinger. She is survived by her husband, Richard; her daughter, Lori Pinkham; her son, Michael Pinkham; Michael's wife Asja Pinkham; and her grandchildren, Amelia and Aden.

She also leaves behind her brother, Steve Holzinger, his wife, Margie, and nephews John and David Holzinger.

No formal services will be held at this time. In lieu of flowers, the family is encouraging friends and relatives to honor Ann's memory through donations to a charity of their choice. Please consider hanging a hummingbird feeder in her memory as hummingbirds were her favorite.

To view Ann's online tribute, or to send condolences to her family, please visit: *https://obits.csnh.com/ann-pinkham.*

Three named to Dean's List at Plymouth State Univ.

PLYMOUTH, NH — **Patrick LeBlanc of Wilmington** and **Matthew Woods and Isabella Oliveira of Tewksbury** have been named to the Plymouth State University Dean's List for the Fall 2023 semester. To be named to the Dean's List, a student must achieve a grade point average between 3.50 and 3.69 during the Fall 2023 semester and must have completed at least 12 credit hours during the semester, at least nine of which must confer grade points, at the time the lists are finalized. LeBlanc is a Undeclared major at Plymouth State.

About Plymouth State University

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development.

With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

Eight named to President's List at Plymouth State Univ.

PLYMOUTH, NH — 915 students have been named to the Plymouth State University President's List for the Fall 2023 semester. To be named to the President's List, a student must achieve a grade point average of 3.70 or better for the Fall 2023 semester and must have completed at least 12 credit hours during the semester, at least nine of which must confer grade points, at the time the lists are finalized.

- **Michael Ings of Wilmington**
- **Madison Emery of Wilmington**
- **Jamie DaSilva of Tewksbury**
- **Alexa Strong of Tewksbury**
- **Hannah Slattery of Tewksbury**
- **Rachael Ostiguy of Tewksbury**
- **Patrick Burns of Tewksbury**
- **Julia Stanizzi of Tewksbury**

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With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

▼ Massachusetts State Fire Marshal Jon M. Davine (far left) has named Eric S. Littmann (center) as the director of the Massachusetts Firefighting Academy. Littmann is seen here with Academy Deputy Director for Administration Joanne Gardiner (center left), Deputy Director for Training Dennis Ball (center right) and Deputy State Fire Marshal Maribel Fournier (far right). (Courtesy photo)

30-year firefighter named fire academy director

STOW — A career firefighter with 30 years of experience in Massachusetts and Nevada has been named director of the Massachusetts Firefighting Academy, State Fire Marshal Jon M. Davine said.

Eric S. Littmann, who most recently held the rank of captain at the Medfield Fire Department, took over as Academy director on Jan. 8. He previously served for more than 20 years with the Las Vegas Fire Rescue Department, where he held a series of high-level training positions including training captain of the LVFR Training Center and regional flashover instructor for three fire departments in the Las Vegas Valley area.

A 1997 graduate of the Massachusetts Firefighting Academy's Career Recruit Training Program with a degree in Fire Science Management, Littmann is a Massachusetts native and began his career at the Cotuit Fire Department. He is a certified paramedic, fire instructor, fire officer, safety officer, and fire prevention officer.

"The Massachusetts Firefighting Academy provides the highest levels of professional training to firefighters at every level of experience, from recruit to chief officer," said State Fire Marshal Davine. "Mr. Littmann's extensive fire service background, his leadership experience, and his commitment to firefighters' professional development will serve him and our Commonwealth well in the months and years to come."

"As a graduate of the Academy, I have the highest level of respect for the institution, its staff, and its mission," Littmann said. "I look forward to working with our instructors, our partners, and our stakeholders to meet the emerging needs of Massachusetts firefighters, their departments, and the communities they protect."

In his new role, Littmann supervises about 13 full-time employees and 450 part-time instructors, most of whom are active duty or retired firefighters. First established by the Legislature in 1971 under what was then the Division of Occupational Education, the MFA is now a division of the Department of Fire Services and provides recruit and in-service training at campuses in Stow, Springfield, and Bridgewater.

It also offers certain courses online and delivers others directly to local fire departments. The Academy serves more than 10,000 Massachusetts firefighters at every level of experience from recruit to chief each year.

As the MFA's chief administrator, Littmann is supported by the MFA's Deputy Director for Training, Dennis A. Ball, and Deputy Director for Administration, Joanne Gardiner. He succeeds former MFA director Jeffrey P. Winn, who now serves as director of the Department of Fire Services' Hazardous Mateials Emergency Response Division.

Notice of advance removal and depositing of early ballots

TEWKSBURY — In accordance with the provisions of Chapter 54 section 25B as amended by Section 10 of Chapter 92 of the Acts of 2022, the Town of Tewksbury will be opening and/or depositing early voted ballots at Town Hall, 1009 Main Street Tewksbury, MA 01876 at the following sessions for the March 5, 2024 presidential primary: Monday, Feb. 26 beginning at 9 a.m.; Tuesday, Feb. 27 beginning at 9 a.m.; Wednesday, Feb. 28 beginning at 9 a.m.; Thursday, Feb. 29 beginning at 9 a.m.; Friday, March 1 beginning at 9 a.m.

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Upcoming local events

Jan. 25, Ask Alex, Town Planner Open Hours, 11 a.m. - 1 p.m. at the Tewksbury Public Library. Meet Community/Economic Development Planner Alex Lowder and ask your questions about zoning, planning, and topics such as the MBTA communities requirement.

Jan. 25, Winter Indoor Community Market, Tewksbury Senior Center, 4 – 7 p.m. Enjoy this indoor version of the outdoor summer community market. Food trucks and many vendors!

Jan. 27, Groton Hill Music Center, Free music lesson day, 9 a.m. - 5 p.m. Get a 30 minute free lesson on Keyboard, Strings, Brass, Percussion, Woodwinds, and Voice. No instrument needed. *info@grotonhill.org*. Have the chance to have a professional musician work with you. All ages welcomed.

Feb. 9, Tewksbury/Wilmington Elks Music Bingo, 777 South St., Tewksbury, $25 pp, Doors open at 7 p.m., 7:30 p.m. Bingo starts.

Feb. 9, Steve Bjork & Tony V, Wilmington Sons & Daughters of Italy/Wilmington Band Parents Annual Comedy Night, Moose Hall, North Reading, $20pp, cash bar, BYO snacks, doors open 7:30 p.m., show starts at 9 p.m. Contact Kevin Caira at 978-657-7734

Feb. 25, Alternative House Love Should Be Sweet Fundraiser, Longmeadow Country Club, $40 pp, 12 - 2:30 p.m. All proceeds to benefit survivors of domestic violence.

Thursdays and Saturdays, Public Health Museum, 365 East St., Open for tours and shopping. Check website for tour times. *Publichealthmuseum.org*

Book Store Next Door, **Wednesdays and Saturdays,** 10 a.m. - 4 p.m. The Book Store is staffed by volunteers from the Friends of the Wilmington Public Library. All proceeds help support library programs. Next to Wilmington Public Library.

Sundays, Lowell Streetcar Museum, 11 a.m. - 4 p.m, Adults $3, seniors and youth age 3-12 $2, children under 3 are free. Cash only. 25 Shattuck St., Lowell.

Wilmington Town Museum, **Tuesdays and Thursdays,** 10 a.m. and 2 p.m, Harnden Tavern, 430 Salem St. (Route 62), Wilmington

Middlesex Canal Museum, 1 Faulkner St, North Billerica, **Saturdays,** 12 - 4 p.m. *middlesexcanal.org*.

WPS preschool and kindergarten registration

WILMINGTON — Online registration for the 2024-2025 school year opens: March 1 - 31, 2024

Please visit the district website at *www.wpsk12.com* for the on-line registration link.

For those who are unable to complete the registration online, please contact your child's home school. An appointment will be made to obtain the 2024-2025 registration packet, required documents, and provide assistance if required.

Sarah Atwater
Administrative Assistant
Boutwell Early Childhood Center
978-694-6070

Justine Marquard
Administrative Assistant
Wildwood Early Childhood Center
978-694-6010

Notice of Non-Discrimination
All educational and non-academic programs, activities and employment opportunities at Wilmington Public Schools are offered without regard to race, color, sex, religion, national origin, ethnicity, sexual orientation, gender identity, homelessness, age and/or disability, and any other class or characteristic protected by law.

LEGAL NOTICE

COMMONWEALTH OF MASSACHUSETTS
THE TRIAL COURT
PROBATE AND FAMILY COURT

Middlesex Probate and Family Court
10-U Commerce Way
Woburn, MA 01801
(781) 865-4000

CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. MI21P2596EA

Estate of:
Barbara A. Williamson
Date of Death: 11/05/2019

To all interested persons:

A Petition for **S/A – Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Debra E. Gormley** of **Burlington MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Debra E. Gormley** of **Burlington MA** be appointed as Personal Representative(s) of said estate to serve **With Personal Surety** on the bond in **unsupervised administration**

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 02/13/2024.**

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Terri L. Klug Cafazzo, First Justice of this Court.

Date: January 16, 2024

Tara E. DeCristofaro,
Register of Probate

240059 1/24/24

LEGAL NOTICE

TOWN OF WILMINGTON
PLANNING BOARD

The Planning Board will hold a Public Hearing on February 6, 2024 at 8:15 p.m. in the Town Hall Auditorium, 121 Glen Road, Wilmington, MA for a Site Plan Review #24-02 and Stormwater Management Permit #24-02, plan entitled, "Site Plan for Solar Energy Battery Storage Facility at 99 Fordham Road Wilmington, MA, Assessors Map 99 Lot 135"; dated January 10, 2024, prepared by Richard J. O'Connell, P.E., RJO'Connell & Associates, Inc., 80 Montvale Avenue, Suite 201 Stoneham, MA 02180. The application is for the construction and installation of a battery storage facility. Said property is located at 99 Fordham Road and shown on Assessor's Map 99 Parcel 135.

A copy of the plan is on file at the Planning & Conservation Department and may be inspected during the hours of 8:30 a.m. and 4:30 p.m. Monday through Friday.

Any person interested, or wishing to be heard on the proposed plan, should appear at the time and place designated.

Terence Boland, Chair
Wilmington Planning Board

240052 1/17,24/24

LEGAL NOTICE

TOWN OF TEWKSBURY

Notice is hereby given that the Select Board will conduct a public hearing in accordance with Select Board Regulation Article 37 Marijuana Retail sales License Policies and Regulations, on February 13, 2024 at 7:00 p.m. at Town Hall, 1009 Main Street, Tewksbury, MA 01876 on the application of Route 133 Cannabis for a license to operate as a Marijuana Retailer on premises located at 1625 Andover Street, Tewksbury, MA consisting of an area of approximately 6100 SF building.

Input is welcome from the public. The Select Board recommends that comments be submitted in writing, to the Select Board, Town Hall, 1009 Main Street, Tewksbury, MA, 01876 on or before noon time Thursday, February 8, 2024.

Todd Johnson, Esquire, Chair
Select Board

240065 1/24/24

LEGAL NOTICE

TOWN OF TEWKSBURY
SELECT BOARD
SALE OF TOWN PROPERTY
PURSUANT TO THE
GENERAL TOWN BY-LAWS,
CHAPTER 3.12, SECTION 3.12.010
AND M.G.L. CHAPTER 30B

The Town of Tewksbury will be accepting sealed Bids for the sale of vacant Town property. As outlined in each parcel's Land Sale Request for Proposals, direct abutters will be given preference for certain parcels in accordance with the Town General By-Laws, Chapter 3.12 Section 3.12.10. In other cases, parcels will be an open sale in accordance with M.G.L. Chapter 30B. Condition of award will be based upon highest price above the minimum sale price for the parcel and meet the minimum criteria and conditions outlined with the Land Sale Request for Proposals. Bids will be for individual parcels located as follows:

Water Street	(Assessor's Map 94 Lot 158)
Georgia Road	(Assessor's Map 81 Lot 220)
Georgia Road	(Assessor's Map 94 Lot 20)
Newton Avenue	(Assessor's Map 47 Lot 156)
Wamesit Road	(Assessor's Map 98 Lot 48)
Pleasant Street	(Assessor's Map 46 Lot 2)

Bids for each parcel will be received by the Town of Tewksbury at the Town Hall, 1009 Main Street, Tewksbury, MA 01876; and at the time and place specified below; the Bids will be publicly opened and read aloud. Date of Sale: Tuesday, February 16, 2024; Time of Sale: 11:00 am; Place of Sale: Town Hall, 1009 Main Street Tewksbury, MA 01876. For information and for Land Sale Proposals pertaining to each parcel's bid, please contact the Town Manager's Office at 978-640-4300. Bids will be awarded within 90 days of the bid opening. The Town of Tewksbury reserves the right to reject any and all bids if it be in the public interest to do so.

240056 1/17,24/24

LEGAL NOTICE

SECTION 00 11 13
TOWN OF TEWKSBURY

INVITATION TO BIDDERS

The Town of Tewksbury is soliciting bids for the following:

ELLA FLEMING SCHOOL
INTERIOR ASBESTOS ABATEMENT
1503 ANDOVER ST,
TEWKSBURY, MA 01876

The Town of Tewksbury, the Awarding Authority invites sealed proposals from Contractors for Interior Asbestos Abatement at Ella Fleming School in Tewksbury, Massachusetts. The work includes, but is not limited to, abatement of Asbestos Containing Materials (ACM) at the building interior along with the disposal of other hazardous materials within the building. Work also includes removal and disposal of existing carpeting and linoleum tile down to the existing wood flooring, random removal and disposal of debris within the building, removal and disposal of existing water tanks, storage tanks, and boiler system, removal and disposal of existing toilet fixtures and sinks, and capping off of existing utility services.

The estimated cost of the work is **$100,000.00.**

Bid Forms and Contract Documents are available online after **2:00PM, Wednesday, January 24, 2024** at www.Projectdog.com. Enter the Project Code **859690** in the project locator box and select "Acquire Documents" to download documents. All plan holders must have an active online account on www.Projectdog.com to acquire documents and to receive project notifications. Documents may also be viewed, but not removed, from the office of Projectdog Inc., 18 Graf Road - Unit 8, Newburyport, MA 01950, Monday – Friday, 8:30 a.m. to 5:00 p.m.

Addenda, if issued, will be posted to the Projectdog website and shall be accompanied by e-mail notification to every individual or firm on record as having received the Contract Documents.

Sealed general bids for this project will be accepted from eligible bidders until **2:00PM, Thursday, February 8, 2024** and will be publicly opened, forthwith online. This project is being Electronically Bid (E-Bid). All bids shall be submitted online at www.Projectdog.com. Hard copy bids will not be accepted by the Awarding Authority. Tutorials and Instructions are available online at www.Projectdog.com. For assistance, contact Projectdog Inc. at 978.499.9014.

Each general bid shall be accompanied by a bid deposit in the form of a bid bond, or cash, or a certified check on, or a treasurer's or cashier's check issued by a responsible bank or trust company, payable to the Town of Tewksbury in the amount of five percent (5%) of value of the bid. Bid deposits will be dealt with as provided in Massachusetts General Laws, Chapter 149, Section 44B.

Bids shall be made on the basis of the Minimum Wage Rates as determined by the Commissioner of Labor and Industries, Pursuant to the Provisions of Chapter 149, Sections 26 to 27D inclusive of Massachusetts General Laws, a copy of which is attached to and is made a part of the Contract.

Bidders' selection procedures and contract award shall be in conformity with applicable statutes of the Commonwealth of Massachusetts.

The successful bidder will need to provide payment bond equivalent to 50% of the contract price.

The Awarding Authority reserves the right to reject any or all general bids, if it be in the public interest to do so, and to reject any sub-bid on any sub-trade if it determines that such sub-bid does not represent the sub-bid of a person competent to perform the work as specified or that less than three such sub-bids were received and that the prices are not reasonable for acceptance without further competition.

Bids are subject to M.G.L. c.30 § 39M.

PRE-BID CONFERENCE / SITE VISIT:

Date and Time: Tuesday, January 30, 2024, at 10:00 A.M.
Address: 1503 Andover St, Tewksbury, MA 01876. Meet at the main entrance of the School.

Attendance at this pre-bid conference is strongly recommended for parties submitting a bid.

Town of Tewksbury

END OF SECTION

240074 1/24/24

LEGAL NOTICES ARCHIVE

All published legal notices are posted to the Massachusetts Public Notices website.

To search the archive of previously published legal notices go to:

www.homenewshere.com
OR
masspublicnotices.org/Search.aspx

LEGAL NOTICE

TOWN OF WILMINGTON
PLANNING BOARD

The Planning Board will hold a Public Hearing on February 6, 2024 at 8:05 p.m. in the Town Hall Auditorium, 121 Glen Road, Wilmington, MA for a Site Plan Review #24-01 and Stormwater Management Permit #24-01, and Groundwater Protection District Special Permit #24-01 plan entitled, "Office Campus Reuse, Life Science/Biomanufacturing Conversion, 181-187 Ballardvale Street, Wilmington, MA"; dated January 10, 2024, prepared by Douglas J. Hartnett, P.E., Highpoint Engineering, Inc., Dedham Executive Center, 980 Washington Street, Suite 216, Dedham, MA 02026. The application is for the construction of a two-story (66,100 gsf) research and development building, with associated stormwater utilities. Said property is located at 181 & 187 Ballardvale Street and shown on Assessor's Map R2 Parcels 20A & 20G.

A copy of the plan is on file at the Planning & Conservation Department and may be inspected during the hours of 8:30 a.m. and 4:30 p.m. Monday through Friday.

Any person interested, or wishing to be heard on the proposed plan, should appear at the time and place designated.

Terence Boland, Chair
Wilmington Planning Board

240051 1/17,24/24

LEGAL NOTICE

TOWN OF TEWKSBURY
PLANNING BOARD

PUBLIC HEARING

FAMILY SUITE
SPECIAL PERMIT

Notice is hereby given that the Tewksbury Planning Board will hold a public hearing on hold a public hearing on **February 12, 2024 at 7:00 P.M.** in the Tewksbury Town Hall, 1009 Main Street, Tewksbury, MA 01876 on an application filed by Michael Russo for a Family Suite Special Permit pursuant to Section 7.1 of the Tewksbury Zoning Bylaw to construct an addition to the single family dwelling for a family suite as shown on plans filed with this Board.

Said property is located at 31 Fox Run Drive, Assessor's Map 21, Lot 114, zoned Residential.

The application may be examined on the Planning Board webpage of the Town of Tewksbury's website at www.tewksbury-ma.gov. Should other accommodations be necessary to view the application, please call the Community Development Office at 978-640-4370. Legal Notice can also be viewed on www.masspublicnotices.org

Stephen Johnson, Chairman

240043 1/24,31/24

LEGAL NOTICE

TOWN OF TEWKSBURY
PLANNING BOARD

PUBLIC HEARING

SIGN SPECIAL PERMIT

Notice is hereby given that the Tewksbury Planning Board will hold a public hearing on **February 12, 2024 at 7:00 P.M.** in the Tewksbury Town Hall, 1009 Main Street, Tewksbury, MA 01876 on an application filed by Heather Dudko on behalf of MHF Tewk VII LLC for a Sign Special Permit pursuant to Section 6.2 of the Tewksbury Zoning Bylaw to replace the existing sign cabinet as shown on plans filed with this Board.

Said property is located at 75 Highwood Drive, Assessor's Map 53, Lot 35, zoned Office Research.

The application may be examined on the Planning Board webpage of the Town of Tewksbury's website at www.tewksbury-ma.gov. Should other accommodations be necessary to view the application, please call the Community Development Office at 978-640-4370. Legal Notice can also be viewed on www.masspublicnotices.org.

Stephen Johnson, Chairman

240032 1/24,31/24

LEGAL NOTICE

TOWN OF WILMINGTON
SELECT BOARD

TOWN MEETING
WARRANT ARTICLES

Notice is hereby given that Articles submitted by petition for inclusion in the Warrant for the Annual Town Meeting to be held May 4, 2024, must be submitted to the Town Clerk's Office, Wilmington Town Hall, 121 Glen Road, Wilmington, no later than 4:30 p.m. on February 2, 2024.

Gary B. DePalma, Chair
Select Board

240020 1/10,17,24/24

LEGAL NOTICE

TOWN OF TEWKSBURY
PLANNING BOARD

PUBLIC HEARING

FAMILY SUITE
SPECIAL PERMIT

Notice is hereby given that the Tewksbury Planning Board will hold a public hearing on hold a public hearing on **February 12, 2024 at 7:00 P.M.** in the Tewksbury Town Hall, 1009 Main Street, Tewksbury, MA 01876 on an application filed by Kelvin Pogeba for a Family Suite Special Permit pursuant to Section 7.1 of the Tewksbury Zoning Bylaw to convert a portion of the existing single family dwelling for a family suite as shown on plans filed with this Board.

Said property is located at 1414 Andover Street, Assessor's Map 39, Lot 9, zoned Residential.

The application may be examined on the Planning Board webpage of the Town of Tewksbury's website at www.tewksbury-ma.gov. Should other accommodations be necessary to view the application, please call the Community Development Office at 978-640-4370. Legal Notice can also be viewed on www.masspublicnotices.org

Stephen Johnson, Chairman

240048 1/24,31/24

LEGAL NOTICE

COMMONWEALTH OF MASSACHUSETTS
THE TRIAL COURT
PROBATE AND FAMILY COURT

MIDDLESEX DIVISION

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. MI23P6573EA

Estate of: Alice M. Jouvelis
Date of Death: 10/19/23

To all persons interested in the above captioned estate, by Petition of Petitioner **John Jouvelis** of **Tewksbury MA** a Will has been admitted to informal probate.

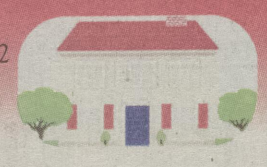
The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

240072 1/24/24

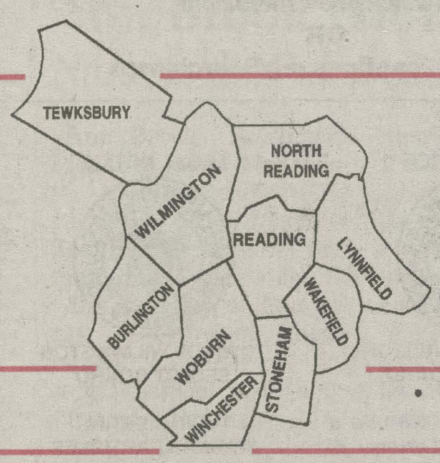
Movie Review 'Memory' Page A-9

Recipe: Vegetarian Indian Stew Page A-9

Real Estate Transfers Page A-12



MIDDLESEX EAST appearing in Daily Times – Chronicle (Reading, Woburn, Winchester, Burlington, Wakefield), Lynnfield Villager, No. Reading Transcript, Wilmington & Tewksbury Town Crier, Stoneham Independent



Middlesex East

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Woburn's new mayor to form committee to explore citywide school facility improvements

By PATRICK BLAIS

With a Boston designer recently suggesting the city invest hundreds-of-millions of dollars into the community's ten public school buildings, Woburn's new Mayor Michael Concannon believes the general public first needs some time to digest that news.

Appearing before the local School Committee earlier this month, Concannon called for the creation of a new ad hoc committee to delve into the finer details of a 766-page "school buildings feasibility study" compiled last fall by Boston architectural firm DiNisco Design Partnership.

According to Concannon, a former city councilor who was sworn in as the city's chief executive on Jan. 1, he is committed to implementing many of the findings contained in the report. But with the Boston architects and engineers identifying nearly $230 million in "critical deficiencies" and other recommended facility upgrades across the school district, the new mayor wants to move cautiously.

"We need a path forward to implement as much of that [report] as we can," the mayor told the local school board. "That ad hoc committee would drill down and do

• WOBURN TO A-9

MORE SPACE NEEDED - Woburn's Linscott School (above) and Altavesta School (below) are part of the school buildings feasibility study. The report recommends the district create a new pre-school program space in addition to constructing a new elementary facility for Linscott and Altavesta pupils. (Courtesy Photos)

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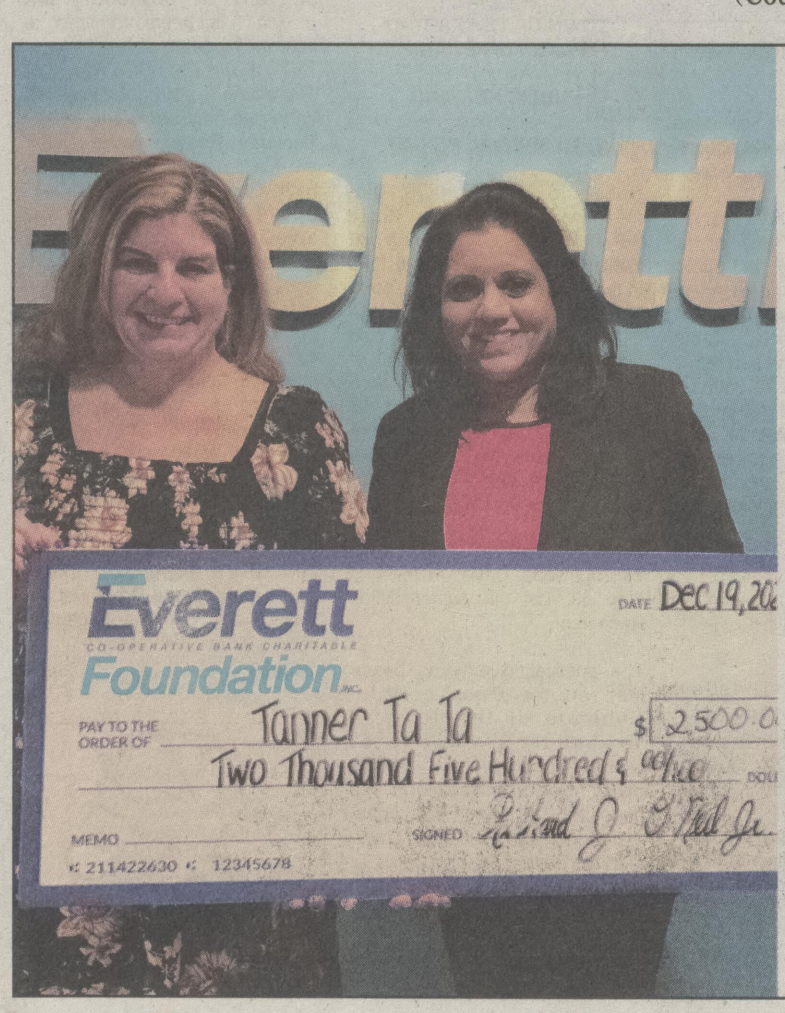

Giving Back to the Community.

WE'RE PROUD LOCALS WHO CARE ABOUT OUR NEIGHBORS.

We're happy to give back to groups doing good right here in Woburn like The Tanner Ta Ta Foundation. The foundation provides emotional support, encouragement and monetary help to women and families at the time of a breast cancer diagnosis, as well as during the treatment and after. Together, we can make a difference right here at home.
Visit everettbank.com for more info.

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HomeNewsHere RECIPE

VEGETARIAN INDIAN STEW

SPICE IT UP - Expand your culinary repertoire to include a vegetarian stew and a spicy Indian dish in one fell swoop with this tasty winter fare.

Ingredients

Stew

- 2 tablespoons butter
- 2 cups chopped (1/2 inch) onions
- 1/2 teaspoon salt
- 2 teaspoons garam masala
- 2 tablespoons curry powder
- 2 teaspoons grated gingerroot
- 2 cloves garlic, chopped
- 1 cup chopped (1/2 inch) peeled carrots
- 1 cup chopped (1/2 inch) peeled potatoes
- 1 cup vegetable broth
- 1 can (28 oz) fire roasted diced tomatoes, undrained
- 1 can (19 oz) Progresso™ chick peas, drained, rinsed
- 1 cup canned light coconut milk

Serving Suggestions

- 3 cups cooked basmati rice
- 2 tablespoons chopped fresh cilantro, if desired
- 2 tablespoons sliced scallions, if desired
- 6 tablespoons yogurt, if desired

• STEPS

1. In 5-quart Dutch oven, melt butter over medium-high heat. Add onions; cook about 3 minutes or until softened. Add salt, garam masala and curry powder; cook 3 to 5 minutes or until fragrant and brown. Add gingerroot and garlic; cook 1 minute. Add carrots and potatoes; cook 2 minutes. Add broth; simmer about 5 minutes or until potatoes and carrots are softened. Add tomatoes, chick peas and coconut milk; stir to combine.

2. Heat to boiling; reduce heat to medium-low. Simmer 30 to 45 minutes or until carrots and potatoes are tender and liquid is slightly reduced. Remove from heat; cool slightly.

3. Serve over rice, and top with remaining ingredients.

EXPERT TIPS

Can't call it dinner without meat? No problem–top the stew with broiled shrimp or shredded deli rotisserie chicken.

While jasmine or basmati are the obvious choices for rice to accompany this stew, plain white or brown rice will work well, too.

Curry powder is a blend of several spices, and all are typically different. Try different blends until you find your favorite!

Movie Reviews & Box Office News

'Memory': a thorny drama with a tender heart

FORGET-ME-NOT - Peter Sarsgaard and Jessica Chastain give exceptionally intelligent performances in 'Memory' from Ketchup Entertainment. (Photo: Ketchup Entertainmentvia via AP)

By LINDSEY BAHR
AP Film Writer

Pain and trauma permeate Michel Franco's new drama " Memory, " about two lost souls who find surprising comfort in one another. Both Jessica Chastain's Sylvia and Peter Sarsgaard's Saul are hostage to their own minds, though in vastly different ways. Hers haunts her. His is failing rapidly. And neither are entirely trustworthy.

"Memory," expanding nationwide Friday, starts as a seemingly standard issue "damaged person" movie, introducing Chastain's Sylvia celebrating 12 years of sobriety at an Alcoholics Anonymous meeting that her 12-year-old attends with her. But there are layers to this dramatic mystery, compounded with unreliable narrators and moral grey areas. Before you know it, the film morphs from something familiar into something altogether unexpected.

Though it is not easily categorizable, "Memory" is a thoughtful journey featuring very fine performances from both Chastain and Sarsgaard, who was rewarded with the best actor prize from the Venice Film Festival last fall. While there are moments of levity to break up the anguish, it could also come with a laundry list of trigger warnings as it explores difficult subjects from sexual abuse to mental illness in pretty unsatisfactory ways. Perhaps it's a good thing that the holidays are over because this is not one to watch with the family, especially if they're harboring secrets of their own that have evolved into generational trauma.

The film binds you at first to Sylvia, a social worker and single mother who is suspicious of everything and everyone. She always seems ready to bolt for safety and survival. She lives by a strict routine: Walking her daughter, Anna (Brooke Timber), to school, going to work at an adult day care and her AA meetings. Home is a fortress: As soon as she steps into her downtrodden apartment, she's triple locking her door and punching in the security code to arm the place.

Even knowing her this little, it's surprising that her younger sister Olivia (Merritt Wever) is able to convince her to tag along to a high school reunion kind of event early in the film. The decision seems even more unfathomable when you learn additional details about Sylvia's school years, but it's clear that she is uncomfortable and unhappy at the event, which she soon leaves.

For a moment, you wonder if perhaps her fears and anxieties are warranted as she realizes that night that a man is following her home, first down the street, then onto the same subway car, then off at the same spot, right to her doorstep. It is like a nightmare as she fumbles for her keys. You hold your breath until she's made it inside. Hours later, the man is still there outside, looking up at her. Is he imagined? A dream? An ex? A stranger?

The man in question is Saul, who she finds out is suffering from early onset dementia. He won't remember that he followed her home or why but he will remember her for whatever reason. His brother, Isaac (Josh Charles), asks if Sylvia would want to work for them as a companion to Saul.

And Saul and Sylvia develop a deep bond with one another that goes beyond professional caretaker boundaries. Both are damaged and longing for connection and their friendship is like a balm, until it evolves into something else. Without going into too many details, this relationship presents an ethical quandary that the movie does not seem willing to engage with in any serious way, making "Memory" feel underdeveloped at best. At worst, it's not even sure what it's trying to say. This movie has one of those endings that presents itself as happy but leaves you with a lingering feeling of dread and worry for all involved.

Movies can be empathy machines and also a form of therapy, giving audiences permission to step into a stranger's shoes and feel things that otherwise might seem too difficult, too transgressive, too much.

Sarsgaard does a beautiful job of playing this man who has been dealt an awful card, whose body still works but whose mind is untrustworthy. His isn't the only one: Sylvia also has flawed recall, as do members of her family, like her compartmentalizing mother played brilliantly by Jessica Harper. It all compounds into misery, secrets and shame.

Memory may be imperfect, this movie reminds us, but feelings rarely are.

"Memory," a Ketchup Entertainment release in limited theaters now and expanding nationwide on Jan. 5, is rated R by the Motion Picture Association for "graphic nudity, some sexual content, language." Running time 110 minutes. Two and a half stars.

WOBURN FROM A8

the work [needed to get to the point] where they can make recommendations."

"Throughout this process, I expect public comment and input. I've said it before, whatever we're going to do here will require the full support of the community," the mayor continued.

The new mayor first made mention of the ad hoc committee in response to a December presentation made by DiNisco Design Partnership at the Joyce Middle School. He has since intimated the group will report directly to the School Committee.

Concannon also recently stressed that the group, though charged with making recommendations as to what school projects should take priority, will not have any authority to appropriate money or solicit funding from state entities like the Mass. School Building Authority (MSBA).

Long-term capital plan

With school officials pointing out that some of Woburn's "newest" facilities are now 20-years-old, former Mayor Scott Galvin and local school officials commissioned the capital study back in 2021 in order to plot a multi-year capital investment plan for the local school district.

The 766-page report, though finalized last October, has only recently begun being discussed by local officials.

Prior to the issuance of the DiNisco Design findings, the city's previous long-term "educational parity" plan - dating back to 2007 - had recommended Woburn replace it's six oldest elementary schools with three new buildings.

Prior to that 2007 report, the city had already replaced three elementary schools and constructed a new $68 million flagship high school off of Montvale Avenue. In 2011, a new $26.5 million Goodyear School opened in East Woburn to house both Goodyear and Clapp School students. Seven years later, in Sept. of 2018, a new $35 million Hurld-Wyman Elementary School was opened in the city's Central Square area.

The last prong of that previous "parity plan" recommended the construction of a third new educational facility for students who attend the Altavesta and Linscott Schools.

As such, it comes as little surprise that DiNisco Design found widespread issues with both of those buildings, which serve children in the northern part of the city. In total, the Boston designer recommends that a minimum of $45.7 million be invested in both buildings in order to address critical deficiencies and make other upgrades needed in a modern-day educational setting.

However, during a presentation last December, DiNisco Design president Donna DiNisco also noted that between now and 2033, the district will also have to find a way to accommodate a projected citywide student enrollment increase of around 305 students.

As DiNisco noted, over the past decade, student populations have actually contracted by around 420 pupils to the current citywide enrollment number of 4,266 children and teens. Given that trend, it would seem reasonable to conclude that the city's school facilities contain enough classroom space to handle that future 305 student spike over the next 10 years.

The problem, she explained, comes when examining school-by-school enrollments, particularly at the Shamrock, Reeves, and Hurld-Wyman Schools where Woburn's RISE special education and early childcare programs are based.

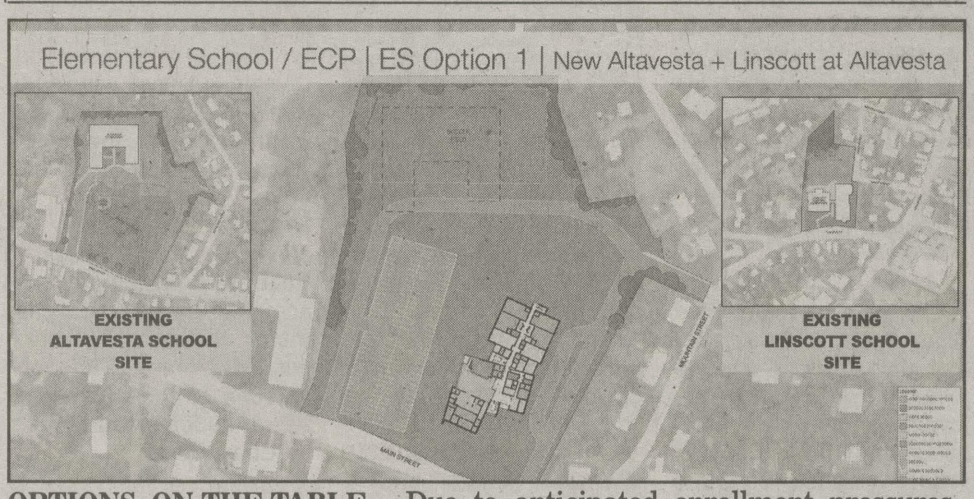
"You elementary schools really do have sufficient capacity to handle your [kindergarten through Grade 5 (K-5)] enrollments, with the exception of the Hurld-Wyman. Right now, [the Hurld-Wyman] is a little over capacity because we need to accommodate the RISE program," said the architect.

In light of those anticipated enrollment pressures, the school feasibility report recommends the district create a new pre-school program space in addition to constructing a new elementary facility for Linscott and Altavesta pupils.

To that end, several options, ranging in cost from $80 million $110 million have been proposed that include:

- Constructing a new three-story school at the existing Altavesta site off of Main Street for $80 million with room for those who attend the Linscott School;
- Building a new $110 million school for both Altavesta and Linscott students at the 8.4-acre Altavesta site, where a 30,000 square foot early childcare wing will also be erected;
- An $87 million project that would entail major rehabilitations of both the Altavesta and Linscott Schools and the construction of a preschool addition at the Reeves Elementary School by Woburn's Four Corners area;
- And a $95 million option that involves construct a smaller Altavesta School replacement with room for 272 pupils, while a new early childhood center would also be added to the site.

Middle Schools


Elementary School / ECP | ES Option 1 | New Altavesta + Linscott at Altavesta
EXISTING ALTAVESTA SCHOOL SITE
EXISTING LINSCOTT SCHOOL SITE
MAIN STREET
MONTVALE AVENUE

OPTIONS ON THE TABLE - Due to anticipated enrollment pressures, Woburn's school feasibility report recommends the district create a new pre-school program space in addition to constructing a new elementary facility for Linscott and Altavesta pupils. Option 1, above, combines both schools at the current Altavesta site. (Courtesy Graphic)

In findings that took some by surprise, the school feasibility report also recommends the community invest a minimum of $78.3 million in "critical deficiencies" in Woburn's two middle schools.

During her presentation last December, DiNisco also explained that the Kennedy Middle School off of Middle Street also needed extra investments to enlarge general classroom, science lab, and special education spaces. Meanwhile, the Joyce Middle School library should probably be modernized and expanded, while the Locust Street facility's cafeteria could also use some new equipment.

"Both of these facilities are over 50 years old, so there's obviously some [fixes] that need to be made at both [properties]," the design firm's president explained.

"These dollar values for the Joyce [add up to] approximately $57 million and that's about the same for the Kennedy. To maintain your assets, you should really be thinking about upgrading these facilities," said DiNisco of the combination in critical repairs and other recommended upgrades outlined in the feasibility study report.

In order to address underlying infrastructure problems and educational programming shortfalls while also tackling other future needs, DiNisco Design explored three renovation/new building project options involving Woburn's middle schools that range in price from $137.5 to $212 million.

Those projects included:

- A $140 million scenario in which a new science lab wing would be added to the Kennedy Middle School, while major renovations would also be made to the Joyce Middle School;
- A $212 option in which a new three story addition would be added to the Joyce Middle School, which would be resized to absorb students from the Kennedy Middle School.
- And a $210 million option which would similarly fold the Kennedy School into a brand facility at the Joyce Middle School property.

LEGAL NOTICE

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ME 1.16.19

Tewksbury Police Log

Local man arrested, charged with third OUI

Monday, January 15

7:10 a.m. - Caller stated there was a homeless party sleeping in the vestibule of Merrimack Valley Credit Union. Caller stated they were able to see the party, wearing blue sneakers and holding a black blanket. Police sent. Party was spoken to and would be on his way.

11:17 a.m. - A 911 caller reported he got into a road rage incident with another male party at Oakdale Mall. When he was able to approach the male, he pulled a knife on him. Police sent. Officer filed a report.

12:32 p.m. - Caller reported she believes someone broke into her home through a window and stole some personal belongings from drawers including underwear, night gowns at California Road. Police sent. Officer filed report.

12:40 p.m. - Caller reported possible motor vehicle accident at Chapman Road and Whipple Road. Caller also stated the driver of one vehicle was intoxicated. Police sent. Michael Nelson, 38, of 45 Terror Drive in Tewksbury, was arrested and charged with third offense OUI liquor and negligent operation of motor vehicle.

Tuesday, January 16

3:22 p.m. - A 911 caller reported a blue BMW going really slow and swerving on the road and almost striking a plow at North Street and Prospect Hill Drive. Still on North Street past Livingston, caller turned off on Livingston. Police sent. The vehicle was by the North Street School. No infractions were observed.

Wednesday, January 17

1:27 a.m. - Police out at Marriot Residence Inn attached to a red Ford Explorer. Wilmington Police Department contacted and reported victim lived at apartment complex and had both plates taken off her vehicle after 1:30 a.m. on Dec. 23. Victim was a criminal attorney but did not know who would steal her plates. Lowell contacted her to note on recent inquiry. It was just reported no further information.

12:03 p.m. - A 911 caller reported a suspicious black van parked in his spot at Patrick Road and won't move and appeared to be a work van with ladders on top. Police sent. They spoke with the party. He requested service for a flood in his basement through a company named Anti but never confirmed a time so he didn't realize it was a technician from that company. Police called the company and conformed it was their technician.

2:09 p.m. - Caller reported a guest came up to her threatening to fight her at The Residences at Tewksbury and being belligerent. This started about 20 minutes ago and last interaction was a few minutes ago. Police sent. No actual threats were made. It was just a verbal disagreement over someone picking something up from the dispensary. Officer filed a report.

3:17 p.m. - Caller reported a motor vehicle didn't stop at the sign at Shawsheen Street and Patten Road, almost hitting the caller. Vehicle continued on Shawsheen Street. Police sent. Vehicles pulled into the residence. Police did not see any other erratic operations. They spoke with the operator, who was staying at her bother's house for the afternoon.

Thursday, January 18

4:49 a.m. - Caller reported her right camera was picking up a vehicle parked in front of her house at California Road. She had a recent house break and finds the vehicle to be suspicious due to it being there at this hour. Caller reported her father and children were at the house and did not know that she was calling. Police notified, as he was just on an area check. There was a vehicle in the lot, with a handicap plate. This vehicle was her father's and it was allowed to be there. The other vehicle in question was known. Police checked the area.

5:52 a.m. - Calling party reported there was a gray SUV parked and running on the right side of the building by the tire at Breakaway Ice Center. Caller found this to be odd as vehicles were usually not there at this time. Caller did not know if there was someone in it or not. Police sent. They spoke to the party and he was just waiting on people for hockey practice.

2:25 p.m. - A 911 caller not on scene reported about 20 minutes ago, her daughter saw a black male wearing all black at their door at Kernwood Avenue. He left on foot and turned onto Lowell Street. Male reported to her daughter that he was "canvassing." Police sent. The ring doorbell had a male matching the description who appeared to be selling items.

4:45 p.m. - Call from a bystander who reported a white male was walking across the Walmart parking lot and appeared to have stolen something and hid it under his shirt. Male was five foot four, white, in his 40's, wearing black boots, black jacket, and a black beanie. Police sent. It appeared the male had meat under their shirt and walked off with it. Officer filed a report.

Friday, January 19

9:08 a.m. - Caller, manager at Baystate Tent, reported his workers noticed a suspicious vehicle in the area. Vehicle was taking photos of the buildings. Vehicle was no longer in the area and the caller would like to just have it recorded.

1:28 p.m. - Police reported numerous detectives out at The Residences at Tewksbury attempting to serve arrest warrant. Dana Sacca, 41, of 20 International Place in Tewksbury. Was arrested and charged with a warrant for breaking and entering for felony.

3:37 p.m. - Caller reported a possible shoplifter at Walmart they're going to attempt to stop. Police sent. Sarah Stevenson, 36, of 16C Strawberry Hill in Acton, was arrested and charged with shoplifting by asportation.

Saturday, January 20

11:13 a.m. - A 911 call for an unwanted party yelling at Extended Stay America at the employees and threatening to burn the hotel down. Police sent. Female described as a 30-year old with black hair wearing a gray hoodie with oversized gray sweatpants and pink or red Crocs. Female party left the hotel prior to their arrival. Officer checked the area and filed a report.

Sunday, January 21

1:44 a.m. - Caller reported there was a blue Mazda in the parking lot by building seven playing loud music and calling party believed they were doing drugs as well at Marriot Residence Inn. Police sent, but gone on arrival.

5:32 p.m. - A 911 caller reported a black male in early 30s, wearing black hat and has tattoos threatening to beat him up at Burger King. Police sent. Mark Reed, 55, of 365 East St. in Tewksbury, was arrested and charged with a warrant for larceny over $1,200 and warrant for operation motor vehicle with a license suspended. Shawn Clayton, 41, of 365 East St. in Tewksbury, was arrested and charged with violate abuse prevention order, threatening to commit crime (assault and battery), and a warrant for Massachusetts parole board.

Wilmington Police Log

Woburn man arrested after reportedly hitting tree

Friday, Jan. 12:

11:19 a.m.: A black 2018 Mitsubishi Mirage and a white 2016 3500 CH were involved in a motor vehicle accident on Main Street. No injuries were reported.

6:24 p.m.: A caller on Canal Street reported that she was late picking up her daughter on visitation day, and that her ex-boyfriend picked up the daughter and wasn't allowing her to see her. The child's father was contacted, and he stated that he did not feel comfortable with the mother taking the child. The child's welfare was determined to not be in danger, and the child is to remain with her father.

8:49 p.m.: Tewksbury Police, who had contacted Wilmington Police earlier that day about a missing juvenile, determined the juvenile's phone was pinging within Wilmington. Her vehicle was found parked and unoccupied at Metro at 10 Burlington Ave. After a continued search, the juvenile was found at Apt. #2305, and returned to her parents' custody.

Saturday, Jan. 13:

11:38 a.m.: A caller at the Market Basket on Main Street reported her vehicle had been struck while parked, possibly by the vehicle next to her. The damage to her vehicle was consistent with being sideswiped. With security camera footage, the party who struck the vehicle was found, and were unaware they struck the vehicle.

4:57 p.m.: Steven James Gerrior, whose mailing address is P.O. box 80442 in Stoneham, was issued a summons for a subsequent offense of operating a motor vehicle with a suspended license. This followed a stop of his black 2011 BMW 328i near the Department of Public Works on Andover Street.

6:48 p.m.: A black 2016 Hyundai Sonata and a gray 2016 Cadillac ATS were involved in a motor vehicle accident on Butters Row. No injuries were reported, and both vehicles were determined to be drivable.

Sunday, Jan. 14:

4:02 a.m.: Aiden James Robinson of 101 Washington St., in Woburn, was arrested for OUI Liquor over .08%, negligent operation of a motor vehicle, speeding in violation of special regulations, and a 1st offense of using an electronic device while operating a motor vehicle. This followed his red 2009 Ford Focus hitting a tree on Concord Street and Cheyenne Drive, where he was found to be bleeding from his head, but conscious and alert.

9:12 a.m.: Robert T. Jones Jr. of 6 Mackey Road, in Wilmington, was arrested for operating a motor vehicle with a suspended license. This followed a stop of his gray 2020 Mitsubishi Outlander on Clark Street.

6:22 p.m.: Katherine Montes of 15 Smith Ct., in Newton, was arrested for shoplifting over $250 by asportation. This followed a request for an officer from the Target on Ballardvale Street.

7:22 p.m.: Maicon Waltrick Sommariva of 4 Russell St., in Everett, was issued a summons for unlicensed operation of a motor vehicle and a miscellaneous motor vehicle equipment violation. This followed a stop of his blue 2009 Toyota Prius near the Jiffy Lube on Main Street.

Monday, Jan. 15:

10:57 a.m.: A caller on Chestnut Street reported that he had hit a tree with his blue 2011 Chevy Silverado. No injuries were reported, and the airbags did not deploy.

11:44 a.m.: A green 2002 Honda Accord and a gray 2014 Ford Focus were involved in a motor vehicle accident on Glen Road. No injuries were reported, and airbags were not deployed.

2:50 p.m.: A caller on Beacon Street reported that sometime in the past two hours, a stroller had been stolen from their driveway.

Tuesday, Jan. 16:

10:42 a.m.: A caller reported an aggressive driver, driving a red 2008 Chevy Silverado, attempting to strike the caller's vehicle. The road rage reportedly started in Tewksbury at a red light when the caller states the operator of the Chevy began yelling at the caller for not moving fast enough. The Chevy then proceeded to drive aggressively and attempted to strike the caller's vehicle, then drove around the caller's vehicle and stopped in front of him. The caller backed up and continued on. Police were able to find the Chevy, and viewed video provided by them.

11:03 a.m.: Nahyn Issaiah Nunez of 77 Hollis St., in Lowell, was arrested for undisclosed reasons. This followed an attempt to serve a warrant at the Dunkin Donuts on Main Street.

Wednesday, Jan. 17:

4:15 a.m.: A burglar alarm signal at the Game Stop on Main Street revealed that a blue 2018 Hyundai Elantra had driven into the front window. The vehicle was unoccupied and was discovered to have had its ignition torn out. The vehicle was confirmed to be stolen, and Somerville police were contacted. Ace Hardware was contacted to see if their cameras saw anything.

1:37 p.m.: A gray 2000 Toyota 4Runner and a green 2023 Ford Bronco were involved in a motor vehicle accident on Middlesex Avenue. No injuries were reported, and no airbags were deployed.

10:02 p.m.: A juvenile was issued a summons for a false fire alarm. This followed police being called to assist the fire department with an alarm at Milestone Group Home on High Street, where it was discovered it was falsely pulled by an "out of control" juvenile. Advocates at the group home were in the process of filling out Section 12 paperwork.

Thursday, Jan. 18:

7:10 a.m.: Joamel Torres-DeJesus of 15 Gavin Way, Apt. #510, in South Boston, was issued a summons for operating a motor vehicle with a suspended license, and a 1st offense of using an electronic device while operating a motor vehicle. This followed a stop of his red 2020 Mazda 3 on Main Street.

12:53 p.m.: Michael Wallace of 45 Finn St., in Tewksbury, was issued a summons for operating a motor vehicle with a suspended license, and not having a valid inspection sticker. This followed a stop of his gray 2002 Ford Lgtcon on Main Street.

5:37 p.m.: A car was reported to have hit a deer on Andover Street. When police arrived, they discovered that not only was the deer dead and already pulled to the side of the road, but that in fact, three vehicles had struck the deer. The latter two vehicles to hit the deer were on scene with minor damage, but the first vehicle already left the scene.

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Seven students named to Dean's List at Springfield

SPRINGFIELD — Springfield College recognizes Dean's List Students for academic excellence for the 2023 Fall Semester.

- **Kaitlyn Doherty from Wilmington** was named to the dean's list. Doherty has a primary major of Health Science.
- **Brendon George from Wilmington** was named to the dean's list. George has a primary major of Sport Management.
- **Amanda Sullivan from Wilmington** was named to the dean's list. Sullivan has a primary major of Criminal Justice.
- **Julia Willson from Wilmington** was named to the dean's list. Willson has a primary major of Exer Sci / Pre-AT.
- **Jack Callahan from Tewksbury** was named to the dean's list. Callahan has a primary major of Health Science.
- **Max Cummings from Tewksbury** was named to the dean's list. Cummings has a primary major of Sport Management.
- **William McKay from Tewksbury** was named to the dean's list. McKay has a primary major of Physical Education.

The criteria for selection to the Dean's List are as follows: The student must have completed a minimum of 12 credit hours of graded coursework for the term, exclusive of "P" grades. The student must not have any incompletes or missing grades in the designated term. The student must have a minimum semester grade average of 3.500 for the term.

Select Board takes no action on new committee

By LIZZY HILL
News Correspondent

WILMINGTON — At the Select Board meeting on Monday Jan. 22, the board held a public hearing for a flammable license change, took no action on the proposed building repurpose committee, and approved a number of requests related to voting and the use of town spaces.

Textron Environmental, Health, and Safety Manager Sarah Smith and Facilities Manager Jeremy Howell came before the board that night requesting to amend the flammable license for their property located at 700 Main St. Smith clarified they requested to do so to increase their flammable diesel quantity as they needed a diesel tank.

Temporary Town Manager Lou Cimaglia provided there were no objections from the building inspector or the town clerk. The board therefore voted to approve the amendment to the flammable license.

The board later discussed the topic of establishing a building reuse committee. Chair Gary DePalma shared he'd received interest from members of the Building Department, the DPW, the Historical Commission, and Facilities in appointment on this committee. He also suggested each of the board members would appoint a resident on the committee and then one of them would serve as a representative.

Select Board member Lilia Maselli commented they should start by establishing the parameters for what the committee would be doing before they ask anyone to join. However, she stated she liked the idea of the committee.

DePalma replied saying he was imagining the committee reviewing buildings the town isn't planning on using any longer and making recommendations to the Select Board.

"It costs us more to insure buildings empty than if they were being used," he said. "If they're not being used, why would we hold onto them?"

Frank West wondered if first the board should determine specific buildings for the committee to review. DePalma proposed this would be determined later, as there are some projects in progress which haven't determined new building location, such as the MSBA process for the new Wildwood School.

Maselli suggested it may be better to have interested residents contact the board instead of having each board member appoint a resident to the committee.

Greg Bendel stated he had not yet invited anyone to be on this committee. He also proposed the title of the committee be determined creatively so as to keep the option of demolition to these unused buildings. He said he couldn't propose a nominee without knowing the name of the committee or the specific buildings they would be looking into. He also wanted to see the new permanent town manager participate on the committee.

DePalma asked if he was saying they should hold off on establishing the committee until the new town manager is in place, and Bendel did reply that the board has the luxury of time. He also agreed they needed to be clear about the purpose of the committee.

Kevin Caira noted the chair's proposed committee makeup would be an even number, while typically their committees were made up of odd numbers. He mentioned the board was sitting in a repurposed building at the town hall, which was formerly a kindergarten school, and pointed out a repurposing process may already exist. He also recalled that the town has a Permanent Building Committee.

West offered that he knew Tewksbury had a building reuse committee which they could use as a reference point as they create this one for Wilmington.

Bendel suggested they pause this work and return to it with more details and a charge laid out for this committee. Regarding the item proposed to vote to establish the building reuse committee, he moved that they take no action. He also clarified that this way, the item could be brought back up at any time.

The board received two matters in communications that night. The first came from Cimaglia notifying them about traffic signalization on Church Street, where new signals had been brought to power and would begin two weeks on flashing mode.

The other was a request for a future meeting agenda item to discuss the initiation of the street acceptance process for Green Meadow Drive, as approved by the Planning Board.

They then approved several requests related to election workers, voting hours, and police detail officers during voting; the use of the town beach for a polar plunge on March 23; the use of the 4th of July parking lot for a drive through diaper drive; and the use of the town common and gazebo for band performances on May 16 and a strings concert on May 28.

The Salute to Service went out to Lawman Johnson, who Bendel shared served in the US Air Force from 1966 until 1969 as an aircraft maintenance specialist. Bendel mentioned some of his awards including the Republic of Vietnam medal and the Airforce Good Conduct medal.

The board voted unanimously in favor of taking no action at this time.

Proposal includes opening one full-day integrated program

PRESCHOOL FROM PAGE 1

day preschool sessions. There are also three Strides classrooms at the Wildwood and one at the Boutwell which are all full-day due to the level of need. Bissell also mentioned drive-in only services operated with providers.

Their proposal was to maintain the current half-day and Strides sessions while opening one full-day integrated program. Brown-LeGrand referenced that most of the surrounding districts operate a full-day option for preschool. She also included this would require additional staffing.

School Committee member M.J. Byrnes asked if the students in the substantially separate classroom are integrated, and Brown-LeGrand answered affirmatively. Byrnes also implied that alerting parents to this new preschool option may distract from excitement over the new school building.

Brand clarified they hoped to see the School Committee support this educational program plan for the new school, and they would intend to bring the full-day program online sooner if they can.

Brown-LeGrand added they couldn't support cutting any of the ongoing sessions of half day preschool out, although their waitlist had been shrinking.

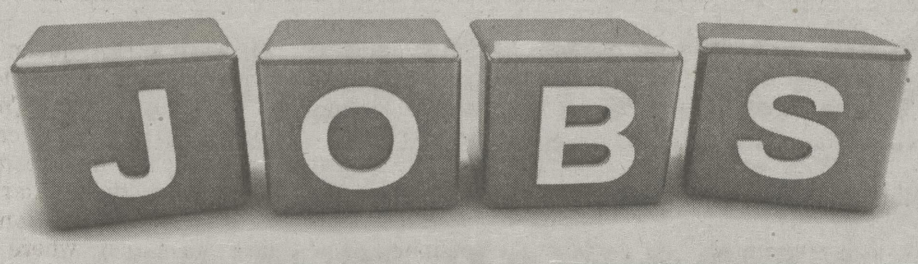
David Ragsdale asked about the ratio of students with disabilities who would be put in the same classroom with typically developing students. The answer given was 7:8.

Dr. Mike Mercaldi suggested they pursue additional extended care options for families. Walsh replied they would discuss options with CARES and come up with a short-term solution.

Stephen Turner said he supported any and all preschool and especially creating more classroom space in the new building.

Jay Samaha asked about other funding options. Brown-LeGrand said she wasn't sure if the Department of Education would provide funds for universal preschool.

Jesse Fennelly asked if they anticipated any particular roadblocks in implementation. Brown-Le Grand replied participation was the main one. They also mentioned the possibility of more desire for typically developing peers in full days while students with disabilities need half days, as they need some of both in the new program.



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• Real Estate Transfers •

BURLINGTON

8 Cranberry Ln #8 was sold to Khan, Firoze A and Khan, Musarrat by Dominic J Petrella Lt and Petrella, Patricia M for $825,000 on 01/05/24

145 Wilmington Rd was sold to Middlesex Homebuying LLC and Bmc Builders LLC by Means, Michael and Means, Carrie for $475,000 on 01/05/24

LYNNFIELD

10 Huntingdon Rd was sold to John A Beccia Iii RET and Beccia 3rd, John A by Herigate Development LLC for $2,225,000 on 01/02/24

231 Salem St was sold to Pierce Road LLC by Long, Alice G and Long, Joseph W for $530,000 on 01/04/24

NORTH READING

1 Boxwood Rd was sold to Macht-Greenberg, Lev and Macht-Greenberg, Allison by Baker, Don and Mini-Baker, Laura for $718,000 on 01/02/24

9 Chester Rd was sold to Gustus, Matthew and Gustus, Melanie by Srinivasan, Atchaya and Balu, Elango for $995,000 on 01/05/24

4 Greenbriar Dr #302 was sold to Chelman, Nicole by Gibeon, Leonard and Gibeon, Martha for $350,000 on 01/03/24

270 Main St #2 was sold to Yang, Haijin by Weng, Ken for $178,000 on 01/05/24

19 Tarbox Ln was sold to Ojutalayo, Oluwadamilola and Ojutalayo, Ayoyinka by Jcg Investments LLC for $1,995,000 on 01/04/24

READING

301 Ash St was sold to Maccarn, Griffin and Dowd, Stephanie by Dyer, Helen B for $625,000 on 01/03/24

241 Main St #C12 was sold to Ding, Ning by Ball 3rd, Raymond F for $350,000 on 01/03/24

78 Summer Ave #1 was sold to Pereira, Nikhil and Pereira, Jillian by 78 Summer Avenue LLC for $1,050,000 on 01/04/24

605 Summer Ave #3-16 was sold to Rosario, Maxima by Thompson, John W for $375,000 on 01/05/24

12 Winslow Rd was sold to Dicicco, Michael J and Dicicco, Ann M by Brodecki Stephen A Est Seaquist, Anne C for $575,000 on 01/05/24

STONEHAM

12 Benton St #4 was sold to Farivar, Tanaz and Darbari, Arsalan by S Kraut Rt and Kraut, Susan for $515,000 on 01/05/24

TEWKSBURY

1286 South St was sold to Cullinan, Sarah by Taylor, Olivia M and Taylor, Mark W for $675,000 on 01/03/24

WAKEFIELD

279 Lowell St was sold to Tyler Jr, Clyde L and Tyler, Mary A by Denaro, Rosanne M for $680,000 on 01/04/24

73 Pleasant St was sold to Ciaramicoli, Jennifer F and Ciaramicoli, Paul A by Tyler Jr, Clyde L and Tyler, Mary A for $800,000 on 01/03/24

19-21 Richardson St was sold to Dinapoli Re Prop Inc by Okeeffe, Stephanie A for $700,000 on 01/03/24

290 Salem St was sold to 290 Salem St Wakefield LL by 290 Salem Street Rt and Capuci, Susan A for $730,000 on 01/02/24

65 W Park Dr was sold to Gordon, Maria L and Keirstead, Brad D by Demasi, Warren E and Demasi, Antonette M for $700,000 on 01/05/24

WILMINGTON

12 Lee St was sold to Duperval, Stanley and Duperval, Briana by York, Michael C and York, Maria A for $694,000 on 01/02/24

295 Woburn St was sold to Peterson, Jeremy M and Jamros, Sara R by Golankiewicz, C E and Golankiewicz, Joanne M for $680,000 on 01/04/24

WINCHESTER

47 Edward Dr #47 was sold to Chen, Damon and Estuita, Adjannie I by Walczak, Karen J for $727,500 on 01/05/24

6 Glenwood Ave #8 was sold to Venkatasubramanian, Arun and Kasi, Ganga by Quinn, Paul J for $1,260,000 on 01/04/24

5 Swan Rd was sold to Nagler, Tyson and Nagler, Molly by Christine H Porto T and Wilk, Katherine E for $566,667 on 01/02/24

5 Swan Rd was sold to Nagler, Tyson and Nagler, Molly by Wilk Leonard S Est and Wilk, Katherine E for $1,133,333 on 01/02/24

Waterfield Rd was sold to Winchester Town Of by Ma Bay Trns Authority for $155,000 on 01/02/24

WOBURN

86 Cambridge Rd was sold to Millburn, Spenser J by Hesketh-Tutton, Samuel H for $575,000 on 01/03/24

2 Spring St was sold to Koganti, Koushik B and Chekuri, Tejasvi by Mj Property Holdings LLC for $800,000 on 01/04/24

40 Walnut St #40 was sold to Pignaton, Sebastio and Pignaton, Maria H by Ciampa-Martin, Marla A for $405,000 on 01/03/24

42 Walnut St #42 was sold to Wang, Sandy by Ciampa, Marla A for $410,000 on 01/03/24

A DAY OF SERVICE AT THE BOYS & GIRLS CLUB - Roll up your sleeves and help beautify the Boys & Girls Clubs of Stoneham & Wakefield facility in the Americal Civic Center (467 Main Street, Wakefield). The Wakefield Human Rights Commission teamed up with the Boys and Girls Club to organize a Day of Service on January 27. Residents are encouraged to sign up for a 1.5 hour slot to paint the Club's arts and crafts room. The volunteer event will take place from 11 a.m. to 4 p.m. Sign up on the web at http://bit.ly/3HlPVZm.

See what's new in the Reading Public Library Children's Room this week

Register now for Title Town: play games, read sporty books and even meet some Reading champs! Program begins Thursday, January 25 for kids in grades 1-4. www.readingpl.org.

An all ages favorite this Friday at 10:00 am - Stuffie Storytime. Books, songs, rhymes, and movement with your beloved stuffed animal, what could be better? No registration necessary.

Also on Friday at 2:00 pm, kids in grades 3-5 are welcome to drop-in for some creative art time in Spark Spot.

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PART ONE

SUPPLEMENT TO THE DAILY TIMES · THE STONEHAM INDEPENDENT · WILMINGTON-TEWKSBURY TOWN CRIER

When you exercise your body, you can boost brain health, too

(BPT) - Physical fitness is important as you age, improving strength, flexibility and balance. Research shows that your morning stretch, daily walk or weekly fitness class is doing more than just helping your body feel its best; it's supporting your brain health, too.

Staying physically active can help older adults maintain - and even improve - mental function, while lowering the risk of developing chronic illness. According to the Alzheimer's Society, regular exercise can reduce a person's risk of developing dementia by approximately 30%, and for Alzheimer's specifically, that risk can be reduced by 45%.

In addition to risk reduction, exercise can be beneficial for seniors who are currently experiencing cognitive issues. Physical activity is a common part of treatment plans for people with dementia or Alzheimer's disease and can help dementia patients manage and potentially reduce symptoms.

One exercise program with something for every ability is SilverSneakers, a fitness program available at no cost to Medicare Advantage members in participating health plans to stay physically active, socially engaged and mentally sharp. The program has been serving people aged 65 and older for more than 30 years.

It is never too late to start exercising

Even if you start a workout routine later in life, the benefits to your brain and body are abundant. Talk with your doctor about beginning physical fitness and consider options of interest that are available to you. Exercising with friends or joining a fitness class designed for older adults can help you feel comfortable while trying something new.

Sims Corbett is a SilverSneakers instructor who is passionate about senior fitness. One of her favorite things about her job is helping older adults discover a passion for exercise and physical activity, even if they've never set foot in a gym before.

"Members have access to thousands of gyms, in-person and virtual classes, and platforms designed to foster social interaction and mental well-being, which becomes even more important with age. As an instructor, I see how regular exercise can benefit everyone, at every age," said Corbett.

SilverSneakers offers our members access to more than 22,000 participating locations with 100+ weekly live virtual classes and 45,000 virtual programs focusing on balance, fall prevention, strength, flexibility, cardiovascular health and much more.

Medicare Annual Enrollment Period is underway through Dec. 7 so now is a perfect time for seniors to choose a plan that offers benefits like fitness. For more information and to check eligibility, visit getsilversneakers.com.

Senior workout inspiration

If you want to start exercising, Corbett recommends choosing activities you will enjoy. "Fitness should be fun. I encourage seniors to take a moment to think about what they have enjoyed doing in the past and what has piqued their interest over the years. Did you take dance classes growing up? Love to swim? Have you always been curious about yoga? We're all more likely to continue doing something that we enjoy."

Some SilverSneakers classes that are good for the body and mind include aerobic classes like Cardio Interval, Walk Strong and Line Dancing. These classes can help patients manage and reduce symptoms related to cognitive functioning.

When you start, you might decide to exercise with a partner or in a group, which can add a fun social element while keeping each other accountable. However, this is not essential, and even if you exercise alone at home as your schedule allows, you'll reap many benefits.

While fitness classes are great for guided exercise and making new friends, remember that activities like walking, biking or even household chores like gardening, vacuuming or playing with the dog are all good options for moving the body. All movement - even standing more - can be beneficial for physical and mental wellness.

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3 Rehabilitation Way, Woburn, MA 01801

Aviva Country Club Heights:

It began with the Boston Red Sox... Senior-living community celebrates new renovations and technology

AVIVA once housed the Boston Red Sox families (or so the story goes). Now AVIVA houses older adults in a delightful, renovated community.

Buddy LeRoux, general partner of the Red Sox in the late '70s and '80s, had originally been an athletic trainer and invested in rehabilitation facilities. So, again, as the story goes, when the Red Sox players went to physical therapy on Rehabilitation Way, their families would stay at 3 Rehabilitation Way – which is now AVIVA Country Club Heights.

The newly renovated AVIVA Country Club Heights enjoys a glorious location overlooking the greens of the Woburn Country Club, near shopping and dining, and only three miles from the Lahey Clinic.

No matter how lovely the community, opting for senior-living accommodations is a stressful decision for families. But it helps to know that a recent University of Chicago study has found that senior housing actually improves the lives of seniors as they adjust to a new, social, nurtured lifestyle found in a senior community. That study might give families more comfort and confidence in their decision-making.

"At AVIVA Country Club Heights, we provide residents with just enough gentle, encouraging support to remain as independent as possible," says Joeseph Holladay, director of sales. "It could entail simply reminding them to take their medications." In the meantime, he explains, residents enjoy a full calendar of activities and events. He adds " Social isolation increases the risk of all-cause mortality by 32%, so it is important to keep all our residents, whatever level of care they require, socially engaged."

For residents who require more care due to dementia or conditions affecting their memories, AVIVA's memory care program offers additional support by specially trained practitioners.

"This is a wonderful community," Holladay adds. "It's so full of love and friendship. Our approach to care is holistic and individual. It is truly exceptional senior living."

Buddy LeRoux would be proud.

7 tips for choosing your health benefits

(BPT) - As inflation in the U.S. remains high, you may be looking to adjust your lifestyle and spending habits. But when it comes to health care, it's important to keep your budget and well-being in mind.

This year's open enrollment season is a good chance to review how you're using health services and decide whether you'll stick with the plan you've got or switch to another being offered. It's also an opportunity to assess your overall care costs to help ensure you choose a plan that will work best for next year's budget.

Enrollment timing: For people with coverage from their employer, open enrollment typically happens during a two- or three-week period between September and December. For those eligible for Medicare, the Medicare Annual Enrollment Period runs from Oct. 15-Dec. 7 each year. Coverage selections made during the fall will take effect on Jan. 1, 2024.

Here are seven tips to consider when choosing a plan that may help lead you to better health and cost savings:

1. First, consider all your options. Take time to understand and compare the benefits, services and costs of each plan available to you, so you can figure out which will be the best fit. Pay attention to more than just the monthly premium. You also should understand what out-of-pocket costs, including the deductible, copays and coinsurance, you may be responsible for.

Medicare members and caregivers: As you weigh your options, ensure you're familiar with the difference between Original Medicare and Medicare Advantage. If you need a review, visit MedicareEducation.com - an online resource with answers to questions about eligibility, plan choices, cost basics, prescription coverage and more.

2. Learn the language. If you're overwhelmed by or unsure about certain health care terms, there are resources to help. As a start, check out UnitedHealth Group's Just Plain Clear Glossary (in English, Spanish and Portuguese) to help you make informed decisions.

Medicare members and caregivers: There's a lot to learn about Medicare and Medicare Made Clear can help you understand the basics, the complexities and everything in between.

CONTINUED TO B4

THE FULLER HOUSE of Stoneham 32 Franklin Street Stoneham, MA 02180 781-438-0580 www.FullerHouseofStoneham.com

The Fuller House Future Funds

Dear Friend,

I am writing to you on the behalf of The Fuller House of Stoneham, a 501 C 3 non profit organization, and our Charitable Campaign. We continue to thrive for over 100 years of continuous quality care to our senior citizens. What began in the early 1900's as a family's bequest of their home and substantial endowment with the vision to provide for the elderly population has blossomed into one of the finest small Rest Homes in New England.

We extend our request to area community members, businesses and families to become a part of the movement to support the Fuller family's mission to serve aging residents. A tax deductible charitable contribution can be made as a one time or recurring donation, as a memorial with a passing of a loved one or within estate planning.

Our quaint Bed and Breakfast style private bedroom facility is beautifully landscaped and maintained offering 24 hour care. Our affordable rates include three daily home cooked meals and snacks, medication management, assistance with ADL's (daily tasks), activities and additional amenities. The committed staff consistently goes above and beyond to ensure all the residents are well cared for; we truly are a family. Our qualified Staff and Board of Directors are committed to the ongoing success of The Fuller House; a unique alternative to large corporate facilities.

The Fuller House is a private pay facility and strives to continue to offer affordable and modest monthly rates. We also work closely with the Veteran Affairs and PACE programs for families who need financial assistance. 100 % of the donations received will be used for the residents and assist in maintaining the quality services that we offer and ensure that the mission to care for our elderly continues for many more years to come. I am sure the Fullers would be quite pleased and proud to see that their vision helped so many and remains so strong and vital.

Become a part of our continuing history; donate now and make a difference by giving to The Fuller House Futures Fund. All donations are greatly appreciated and can be submitted to The Fuller House located at 32 Franklin Street, Stoneham, MA 02180. Tours are always welcomed.

Warm Regards,

Judy Gallucci O'Brien,
Executive Director
James Corso,
Board of Director President

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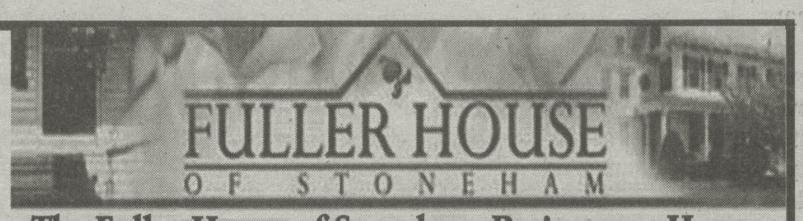

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DAILY TOURS AVAILABLE

Maintaining control over lifetime decision-making and your estate

= By Susan M. Mooney, Esquire =

As a practicing estate planning and elder law attorney for more than thirty-five (35) years, the best advice I can give to any client is that pre-planning for your lifetime needs is critical. If you want to maintain control over your future care and financial decisions during your lifetime and want your intentions to prevail regarding post-death estate distribution, establishing an estate plan is crucial. Establishing simple legal documents does not have to be elaborate or expensive and can save you and your family significant costs and potentially a lot of anguish and crisis planning later. Further, you will maintain control over who will act in the roles of your decision-makers in the future, in the event you are unable to act on your own behalf during lifetime. Simple planning can protect you from Court intervention and from others, who may not be your choice of the persons who you would want to control your future decisions or your estate.

The first step in any estate plan should include documents related to lifetime planning and protections, such as a Durable Power of Attorney and Health Care Proxy. These documents insure that during lifetime an individual's financial and medical needs, intentions and wishes are followed. These documents take care of you during lifetime. Other documents, such as Wills and Trusts relate to division of your belongings and other assets after your death, which is of course important as well, but not as important as taking care of you personally and maintaining control in accordance with your wishes during your lifetime.

The following is a list of suggested planning to be considered in establishing or reviewing an estate plan to meet your individual goals. IN MY OPINION THE DURABLE POWER OF ATTORNEY AND THE HEALTH CARE PROXY ARE THE TWO (2) MOST IMPORTANT LEGAL DOCUMENTS FOR LIFETIME PLANNING AND PROTECTION TO MAINTAIN CONTROL OVER YOUR FUTURE DECISION-MAKING, however, I have also included other important estate planning suggestions to consider.

1. **DURABLE POWER OF ATTORNEY:** A Power of Attorney is a very simple and inexpensive legal document that allows you to designate an individual who is authorized to act in your place during your lifetime, to conduct and participate in financial transactions on your behalf. This person, called your agent or attorney-in-fact, should be able to conduct any financial transaction in your place if you are either unable to do so, or if it is simply not convenient for you to do so, either temporarily or permanently. By executing a Power of Attorney, you avoid the risk of the Court appointing a Conservator to manage your affairs if you were to become unable to do so.

2. **HEALTH CARE PROXY:** The Health Care Proxy is the single most important estate plan document that any individual can have. It is a simple and inexpensive legal document that appoints the person of your choice as your health care agent, to speak on your behalf for medical decision-making ONLY in the event you are not legally competent or conscious to do so. It is important to name agents to avoid a Court appointed Guardianship, which is costly and can take weeks or months when a decision might be needed urgently.

3. **HIPAA RELEASE:** Separate and apart and in addition to a Health Care Proxy, a HIPAA release will allow your medical team to release information to those you name on the HIPAA release, whether you are competent or not at the time. Remember the Health Care Proxy will ONLY allow the release of information to your Health Care agent in the event you are not competent or conscious.

4. **WILL:** Determine if you need a new Will, or if you need to update or amend a current Will so that your post death wishes will be followed regarding distribution of your estate.

5. **TRUSTS: Determine if a Trust is right for you.**

A Trust may be advisable if there is a specific need for holding assets in Trust, such as protecting assets for minor children or disabled individuals, or to avoid probate, or for tax planning, or in some cases an Irrevocable Trust for long term care planning.

6. **BENEFICIARY DESIGNATIONS:** Review and update all assets that allow you to designate a beneficiary, such as Life Insurance, Annuities, IRAs, 401ks, Retirement plans, etc. Assets with beneficiary designations are NOT controlled by your Will.

7. **REVIEW OWNERSHIP OF BANK AND INVESTMENT ACCOUNTS:** Bank accounts and investment accounts generally allow for PAYABLE ON DEATH (POD) or TRANSFER ON DEATH (TOD) designations. This form of ownership is generally advisable, as opposed to adding children or other relative's names to joint ownership on your accounts. Joint ownership is generally ill advised, since your assets would then be exposed to the risks of other joint owners, such as their accidents, divorces or other financial risks and liabilities.

8. **LONG-TERM CARE PLANNING:** Is there any planning advisable or recommended for you in case long-term care is needed or imminent? While pre-planning is advised, in the long-term care category many folks believe that planning must be completed five (5) years prior to the need for long term care. However, that is NOT always the case. Often planning can be beneficial even at the last minute when someone is near or already in nursing home care. DO NOT PRESUME IT IS TOO LATE FOR LONG TERM CARE PLANNING IF YOU DID NOT PLAN FIVE (5) YEARS IN ADVANCE.

Remember that every individual's situation is unique, whether related to assets, health issues, or family situations. It is important that you receive personal advice related to your specific situation and estate planning needs from qualified professionals.

Nothing contained in this article is intended as legal advice specific to your personal situation. Please consult an estate planning or elder law attorney of your choice to review your personal planning and circumstances.

About the author: Attorney Susan M. Mooney, is a partner in the law firm of Dalton & Finegold, LLP. She has been a practicing attorney for thirty-six (36) years. She received her law degree, summa cum laude, from New England Law/Boston in 1987 and undergraduate degree from the University of Massachusetts. She is admitted to practice in Massachusetts State and Federal Courts and the Supreme Court of the United States.

For further information about estate planning, visit our web site at www.dfllp.com. The firm offers legal services in various areas of practice including, Probate and Elder Law, Wills, Trusts and Estates.

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What to do about debt in retirement

By KATE ASHFORD
of NerdWallet

A growing number of older adults are in debt in retirement, according to the 2022 Survey of Consumer Finances from the Federal Reserve. Among people ages 65 to 74, the share with debt rose to 65% in 2022, up from 50% in 1989 (the first time this question was asked). For people 75 and over, 53% report holding debt in 2022 versus 21% in 1989. This is a big challenge, since people's income in retirement is traditionally limited. But there are strategies for tackling your balance sheet later in life.

Take note: Not all debt is bad debt. "It's not necessarily the worst thing to have," says Jack Heintzelman, a certified financial planner in Boston. If it's debt that earns you a tax deduction, he says, like a mortgage, it may be fine to hang onto it while you give your money elsewhere a chance to grow.

But if debt is straining your retirement budget or you're paying a high interest rate, a pay-it-off plan is key. Here are some methods that can help.

PICK UP SIDE WORK

The traditional retirement model — work for 40 years and then quit forever — may not be the most appropriate approach anymore. Supplementing retirement savings and Social Security benefits with part-time earnings can make your money go further and help you pay off remaining debt.

For some people, consulting in their field is a natural step between full-time work and full-time play. Other people can monetize an interest or pick up hourly work a few days a week.

"We have a client who works in a music repair shop for part-time income," says Colin Day, a CFP in St. Louis. "They get to explore their hobby while also getting some level of income."

CONSIDER MOVING OR DOWNSIZING

Your home is usually one of your biggest expenses, and if you live in a high-cost area, you might be paying high property taxes and maintenance costs, which eat into your ability to pay for other things.

Moving to a smaller home or to an area with a lower cost of living can free up room in your budget. You might also get better weather, to boot.

"We have a fair amount of clients who are moving from more northwestern states with a higher income tax and colder weather down to places like Florida," says Crystal McKeon, a CFP in Houston, who notes that Florida has no state income tax and decidedly warmer weather.

Andrew Herzog, a CFP in Plano, Texas, recalls a client who's considering moving to a smaller home that's closer to his daughter, easier to maintain and potentially mortgage-free if he can sell his current house for a high enough price.

"Downsizing can absolutely work," Herzog says. "It's best when you do it for multiple reasons."

TIME YOUR SOCIAL SECURITY BENEFITS

The Social Security equation — when to claim, when to wait — depends on your health, your marital status and your savings. But debt can also affect your plans.

Taking Social Security early might give you the income you need to get rid of your balances. "As long as I'm not blowing up my plan by drawing Social Security early, it could help sustain me by not having to draw down my investment assets," Day says.

On the other hand, waiting to claim means you'll have a higher Social Security check later — benefits increase by 8% per year after full retirement age until age 70. Depending on the type of debt, it may be better to wait until you can throw more money at it. Talk to a financial professional about the best option for you.

"I would do the calculations," Herzog says. "That's a pretty big asset for people when you're older."

TAP HOME EQUITY — CAUTIOUSLY

If you have equity in your home, you might be able to get a home equity loan or line of credit to help you consolidate or pay down higher-interest debt. Take your time in considering this, however, since an inability to keep up with these payments puts your home at risk of foreclosure.

"You have much more to lose if you mess that up," Herzog says.

Keep in mind, too, that the interest on a home equity line of credit is only deductible if you use it for home improvement-related expenses. And this is a better option for a one-time debt, not ongoing expenses.

"Those living expenses are just going to continue," McKeon says. "Home equity loans should not be a first priority."

This article was provided to The Associated Press by the personal finance website NerdWallet. Kate Ashford is a writer at NerdWallet. Email: kashford@nerdwallet.com. Twitter: @kateashford.

Element Care / PACE

When it comes to supporting seniors, choosing care is personal

No one likes to be in a position of asking for help, but as we get older, most of us have to get comfortable accepting assistance. That help might be cobbled together from family and friends, paid staff or the community. When your support system is loosely organized, it can all fall apart if the usual help isn't available, or when you temporarily need extra support, like after surgery.

The question is, how can you get the right amount of reliable help without giving up the independence that you value? Consider PACE, like the Element Care PACE program that operates in more than 40 towns across the North Shore and Merrimack Valley. PACE stands for Program of All-Inclusive Care for the Elderly, and it certainly does include a lot of different kinds of support for older adults who need extra help but want to keep living in the communities they call home.

A big part of what makes Element Care PACE unique is the healthcare. Rather than chasing referrals and appointments all over town, all of your doctors, specialists and visits happen through Element Care's network. They have all the bases covered, including dental, vision, and hearing, as well as mental health, nutrition, and physical and occupational therapy. When you're in the program, all these health services are included and available when you need them.

Like so many aspects of life with PACE, your healthcare is personalized based on what you need. If you need services at home, you can get help with your meals, personal care or housekeeping. For folks who want to get out and about, one of the best parts of the program is everything that's going on at the Day Centers.

Element Care's centers in Lynn, Gloucester, Beverly, Methuen and Lowell are a bustling hub of activity every day, with safe transportation provided. Besides being the location for most of your health services, the Day Centers are where other seniors gather to socialize, enjoy meals together, exercise, and take part in any number of activities from cards and games to crafts and dancing. At the end of the day, you get to go home to your familiar surroundings.

More help is something we all need as we get older, but getting the support you need is a personal choice. When your independence is at stake, you need a reliable system that's personalized for your lifestyle. With a program like Element Care PACE, participants get to enjoy the best of both worlds: true independent living, at home in the community, along with highly personalized and all-inclusive care for all the important things. When you can count on help like that, you can get back to enjoying your independence without relying on friends or family for every little thing.

If you or a loved one could benefit from PACE at Element Care, call today to talk to their knowledgeable staff and find out if you qualify at (877) 803-5564 (TTY 711). Or, learn more online at elementcare.org.

How to get more protein into your daily routine

(BPT) - Are you working toward specific health goals for your New Year's resolutions? If so, there's a good chance that improving your eating habits is at the top of your list. With a lot of conflicting information out there, it can be confusing to sort out what's helpful from what's not when it

PROTEIN - B4

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Protein (Continued from B3)

comes to nutrition. The one thing many experts agree on is the important role protein plays in your overall well-being.

"Focusing on protein as a major nutrient your body needs can help make a difference for your wellness goals," said registered dietitian and Quest Nutrition paid partner Kristin Kirkpatrick, M.S. "And the good news is that it's not hard to make small changes that will increase how much protein you're eating every day."

To help you revamp your diet as the new year begins, Kirkpatrick offers four simple tips around boosting your protein intake.

1. Make protein a priority when cutting overall calories

If you're trying to lose weight as one of your resolutions, whether with the help of a pharmacological source or strictly through dietary measures, protein will make a difference.

"For starters, protein will keep you fuller longer, so you'll eat less," advised Kirkpatrick. "If your food intake is limited to begin with, protein will help in maintaining muscle mass so that you'll lose fat, not muscle, during the process."

2. Mix up your sources

Protein comes in a wide variety of different foods including meat, poultry, seafood, eggs, dairy products like milk, yogurt and cheese, legumes like beans, peas, lentils and soy products, plus nuts and seeds - as well as some grains.

By varying your protein sources, that means you'll also be getting a wider variety of different nutrients, vitamins and minerals. For example, you can choose eggs for breakfast, legumes for lunch and salmon for dinner. Regularly including protein in your snacks is also a great idea to help keep your energy up throughout the day.

"To get through my mid-morning or afternoon slump, I love grabbing one of the Quest Protein Shakes. The Chocolate flavor is delicious, satisfying and filling," said Kirkpatrick. "The Salted Caramel is my go-to for in my coffee in the morning, and in the evening, Vanilla fits my craving for something sweet - while staying high protein."

Quest Protein Shakes are rich and creamy, with 30 grams of protein, 3-4 grams of carbs and 1 gram of sugar, making them a delicious, satisfying way to drink protein without piling on carbs. Visit QuestNutrition.com to find these and other products to help you meet your New Year's goals.

3. Add protein to every snack and meal

A great way to ensure that you're getting enough protein is to make it a priority to fit some into every meal and snack.

"Adding protein throughout the day is easier than you think," Kirkpatrick noted. "Try adding hemp seeds to your oatmeal in the morning, then enjoy a cheese stick as a snack or have a bowl of cottage cheese with cinnamon for a sweet treat - then finish the day with slices of lean meat in a salad."

4. Don't forget sources that aren't traditionally known for protein

7 tips for choosing your health benefits (From B2)

3. Help prevent financial surprises. Visiting doctors that are in-network is one way to help keep your costs lower. So before selecting a plan, check to see if your doctor is in your health plan's provider network. Also, make sure your medications will be covered by the plan you choose next year - even if you don't expect to change plans. Look into filling your prescriptions at a participating network pharmacy or with home delivery by mail - two more potentially money-saving options.

Medicare members and caregivers: You may be surprised to learn Original Medicare doesn't generally cover prescription drugs. Consider adding Part D or enroll in a Medicare Advantage plan with prescription drug coverage to help keep your medication costs in check.

4. Check for mental health coverage. In addition to in-person mental health care, you may have access to a large virtual network of therapists and psychiatrists. Some health insurers also offer advocacy services to help you find the right type of behavioral health care.

Medicare members and caregivers: Look for plans that offer virtual mental health care with a $0 copay.

5. Don't forget about specialty benefits. Additional benefits, such as dental, vision, hearing or critical illness insurance, are often available and may contribute to overall well-being.

Medicare members and caregivers: You may be surprised that Original Medicare doesn't cover most dental, vision and hearing services, but many Medicare Advantage plans do.

6. Look into wellness programs. Many health plans offer incentives that reward you for taking healthier actions, such as completing a health survey, exercising or avoiding nicotine.

Medicare members and caregivers: Many Medicare Advantage plans also offer gym memberships and wellness programs for members at no additional cost.

How to have fun, stay active and be bold at every age: 5 benefits of exercise

(BPT) - No matter your age or fitness level, experts agree that physical activity brings multiple benefits to your mind and body. If you wonder how being more active as you get older can help you live a happier, healthier life - and how to get started - taking small, simple steps to boost your activity level can make a big impact.

"Age is just a number, and we'll make sure it never slows you down, so why not begin the new year on the right foot by finding activities you love to do," said Julie Logue, M.P.H., training manager at SilverSneakers. "You can 'act your age' by having the time of your life, whether you're dancing, walking or playing pickleball with friends."

Remember, before starting any new exercise, it's recommended to consult your health care provider.

Here are a few benefits of exercise that may inspire you to move a little more.

1. Protect your bones and joints

Stronger muscles help protect your bones and joints as you age. But if you think lifting heavy weights is the only way to strengthen your muscles, you're in for a pleasant surprise. If you haven't been active, you can begin strength exercises by starting slowly, using little to no special equipment, and gradually improving your strength over time.

It's best to seek classes or programs specifically designed for seniors, such as SilverSneakers by Tivity Health - the nation's leading fitness program for older adults that offers in-person and virtual classes with the needs of seniors in mind. Seniors can find classes for all levels focused on building strength and flexibility as they age, along with cardio exercises to get their blood pumping.

2. Help prevent falls

About one in four Americans aged 65 and older will fall each year, according to the Centers for Disease Control and Prevention. Regular exercise that builds strength and improves balance is one of the best ways to help prevent falls or recover from a fall.

Classes like those offered by SilverSneakers can help strengthen your ankles, knees and hips for a sturdy foundation. Plus, they can help improve your core strength and upper-body posture - to help you stay upright and steady.

3. Learn about injury prevention

Injuries can happen at any age, but a few simple precautions can help to keep you moving injury-free. If you're a beginner, choose instructors and exercise programs that start slow - even seated - and build your strength and flexibility gradually, so you can continue improving your fitness without risking injury. SilverSneakers even offers virtual classes designed for beginners to help get you started.

4. Enjoy socializing

One valuable benefit of being active is finding a class or community of people you enjoy spending time with. Whether you're taking classes in person or online, you'll know everyone else in the class is also aiming to stay more fit and healthy. Taking classes together is a fun bonding activity that will help you stay motivated and may inspire you to create your own group of friends for walking or doing activities together.

5. Improve mindfulness and reduce stress

Physical activity can reduce stress, help you stay more present throughout your day and enjoy your life to the fullest. Classes offered by SilverSneakers include Tai Chi and Yoga, which are easy ways to help you stay more mindful and boost your overall well-being.

Getting started

SilverSneakers offers members a network of up to 22,000 fitness locations, along with community-based options like community centers and parks. Workouts are offered at thousands of gyms, community centers and other participating fitness locations nationwide.

Members can participate in live, instructor-led and on-demand virtual classes in a variety of lengths and formats. Options include programming for those with chronic conditions, plus healthy aging workshops on topics including fall prevention and virtual learning opportunities.

If you have a Medicare Advantage plan, it may already include SilverSneakers. Learn more at SilverSneakers.com.

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Gymnasts beat Winchester, improve to 3-1

Wildcats top 140 points for third consecutive victory

By DOUG HASTINGS
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The Wilmington/Bedford High gymnastics team is enjoying quite a season.

After four meets, the Wildcats have a 3-1 record after defeating Winchester on Monday.

WHS opened the year with its only loss of the year, a 135.25 to 132.8 decision against Reading.

The Wildcats outscored the Rockets on vault and bars, but RMHS won the balance beam and floor exercise to win a close contest.

On vault, Lexi Masters was Wilmington's top performer with a 9.1, Alli Ganley scored an 8.7 and Jordan Haering and Maddie Plurad both had 8.1s.

On bars, Ganley's 9.05 was the top Wildcat score, Masters had an 8.6 and Katie DeSaulnier finished with a 7.8.

On beam, Ganley led the way for WHS with a 9.1, Master scored 8.4 and DeSaulnier had a score of 8.0.

On the floor, Masters had an 8.8, Ganley finished with an 8.6 and Plurad ended up with an 8.4.

The Wildcats bounced back with a lopsided win over Stoneham, 135.8 to 108.3.

Ganley and Masters once again sparked the victory. Ganley's all-around score was 36.05 while Masters had a 35.45.

On vault, Masters led the way with a 9.15, Ganley had an 8.9 and DeSaulnier finished with an 8.35.

Emma Callahan also did well in the event with an 8.1.

Ganley and Masters both topped 9.0 on bars, Ganley with a 9.4 and Masters with a 9.1. Plurad was Wilmington's third-best score with a 7.5.

As a team, Wilmington had 35.05 points on the beam. Masters led the team with a 9.1, Ganley had an 8.85 and Plurad contributed an 8.7.

On floor, Ganley's 8.9 led the way, Plurad had an 8.6 and Masters was at 8.1.

Against Woburn, Wilmington won 133.15 to 118.05.

DeSaulnier had a 32.4 and Callahan had a 29.95 to lead Wilmington's all-arounds.

On vault, DeSaulnier had an 8.4 to lead the way, Haering had an 8.0 and Callahan finished with a 7.95.

On bars, Ganley and Masters were both terrific with scores of 9.2 and 9.1, respectively. Plurad added an 8.0.

On beam, Plurad was Wilmington's top scorer with an 8.5, DeSaulnier had a score of 8.4 and Masters and Ganley both chalked up scores of 7.8.

On floor, Wilmington had four girls score 8.2 or better.

Ganley had a 9.3, Masters finished at 9.0, Plurad was an 8.8 and DeSaulnier scored an 8.2.

Against Winchester, Wilmington put up a season-high total of 140.2, almost seven points better than Winchester's 133.5.

The 'Cats had five gymnasts score 8.0 or better on vault led by Masters with a 9.3 and Ganley with an 8.9. DeSaulniers added an 8.25, Haering had an 8.1 and Callahan scored 8.0.

On bars, four Wildcats topped 8.0.

Ganley was a 9.3, Masters had a 9.05, Plurad scored 8.5 and DeSaulniers finished at 8.05.

On beam, Masters led the way with a 9.15, Ganley had a 9.1, Plurad scored 9.05 and DeSaulniers had an 8.75.

On floor, Ganley (9.1) and Masters (9.0) led WHS and Plurad had an 8.8.

◀ The Wilmington/Bedford gymnastics team is 3-1 after its first four meets.
(Courtesy photo)

Wildcats rally to tie Red Devils

Boys hockey shakes off 2-0 deficit, earns point

By DOUG HASTINGS & JASON COOKE
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In an entertaining battle at Tewksbury's Breakaway Ice Center on Saturday, the Wilmington High boys hockey team rallied from a 2-0 deficit to grind out a 2-2 tie against Burlington.

BHS scored just 1:53 into the game and then took a 2-0 lead 3:39 into the second period.

"We were concerned about coming out flat where we didn't have a mid-week game," said Wilmington coach Steve Scanlon. "And we did just that. We came out flat in the first period, and we were fortunate not to give up more, only for the goaltending."

But Wilmington answered Burlington's second goal just 48 seconds later when senior Adam Ebert stuffed home a goal at the right post, assisted by senior Eric Spinney and senior Daniel Lagunilla.

The Wildcats almost tied the game late in the period.

After a point-blank save by junior goalie Tyler Marinho at one end of the rink, senior A.J. Chisholm drew a penalty at the other end. Ebert and sophomore Colin Allard both had chances on the power play, but couldn't convert the equalizer.

With five minutes to go in the game, a glove save by Marinho helped keep WHS within striking distance, and the stop paid off less than two minutes later with Wilmington on the power play.

Lagunilla converted the rebound of a shot by junior Brennan Walsh. Junior Matt O'Brien was also credited with an assist on the goal.

"They fight until the end," said Scanlon of the 'Cats. "The thing we really have to stop doing is getting into holes early in the game. In this league, you can't get away with leaving one period off the board. You got to play the full game if you want to win."

Wilmington was whistled for a penalty with 1:43 to go in regulation, but the 'Cats killed Burlington's man advantage, and the game went into overtime.

"We did a good job on the kill and were able to burn off regulation," said Scanlon.

It doesn't get any easier for the 'Cats, who battle Div. 2 power Woburn on Wednesday before a tilt with Belmont on Saturday.

"You have to play as good as you can as long as you can," Scanlon said of the fierce competition. "See if you can hang in there, and you can get out on some of these teams, they start squeezing the stick a little or don't take you seriously. If you can steal a point somewhere, it's big. It helps your pace to play against these teams."

The WHS boys hockey team celebrates a goal during Saturday's game with Burlington.
(Photo by Doug Hastings)

▶ Tyler Marinho makes a glove save against Burlington on Saturday in Tewksbury.
(Photo by Doug Hastings)

Girls basketball takes care of business

Wildcats lock down Red Devils in 48-32 win

By DOUG HASTINGS
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At one point during the second quarter on Friday in Burlington, Red Devil senior Savanna Scali hit four 3-pointers to help the Burlington High girls basketball team rally from a 15-3 deficit against Wilmington and cut the lead to just three.

Then, Wilmington High junior Jill Collins and her defense had its say.

Scali didn't score another point on the night as the Wildcats went on to beat Burlington, 48-32.

Wilmington led 20-17, but used a 17-0 run that started in the second quarter and didn't end until late in the third to take command.

WHS was up 26-17 at halftime and 41-24 after three quarters before cruising through the final eight minutes.

Junior Alle Delgenio started Wilmington's run with a pair of foul shots, senior Shaylan Bresnahan converted a rebound of her own miss and junior Eva Boudreau tossed in a layup to close out the first half.

An 11-0 surge to start the third quarter included a three-point play by Boudreau, an inside hoop by Bresnahan assisted by Delgenio, a put-back by Boudreau and a layup by sophomore Erin McCarthy, assisted by Boudreau. Boudreau's inside hoop made it 37-17.

Burlington actually cut Wilmington's lead to 11 late in the game (43-32), but never seriously challenged the outcome of the contest.

Boudreau's 24 points led Wilmington, Bresnahan added eight and Delgenio chipped in with seven.

Collins added four points and sophomore Summer Sands tossed in a second-quarter 3-pointer.

Jill Collins and her defense helped WIlmington beat Burlington on Friday. (Photo by Doug Hastings)

▶ Alle Delgenio and the WHS girls basketball team won last Friday in Burlington. (Photo by Doug Hastings)

Boys basketball still working

WHS can't catch Burlington, Belmont

By JASON COOKE &
By DOUG HASTINGS
Sports Staff
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The Burlington High boys basketball team could have the Middlesex League Freedom Division's most explosive offense.

Last Friday, the Red Devils tried to pull away from visiting Wilmington throughout the evening, but the feisty Wildcats stayed close until BHS finally won by a 71-54 score.

Burlington led by as many as 16 points in the first half, but WHS would cut the gap to seven twice in the third quarter. In the fourth, Burlington outscored Wilmington by a 17-7 margin to produce a deceiving final score.

"That team is just loaded with shooters," said Wilmington coach Jon Amico. "Everybody on that team can shoot. We tried to go in and face-guard their three best shooters and let the other guys beat us, and they're just too good to do that."

The teams traded 8-2 runs in a first quarter that ended with Burlington in front, 24-18.

The Devils led 22-10 before Wilmington senior Jake Witalisz hit a 3-pointer, senior Michael Lawler converted a layup and then drained a 3-pointer to finish the quarter.

Lawler also covered Burlington's Cedric Rodriguez for most of the first half and held Rodriguez to just two first-quarter baskets with some good defense.

Burlington made a push in the second quarter, opening a 39-23 lead, but Wilmington once again rallied.

Senior Austin Harper drives to the basket against Burlington. (Photo by Doug Hastings)

A 7-2 Wildcat surge closed out the first half.

Senior Tiago Gomez drove inside for a layup and junior Ayden Balter put back an offensive rebound before senior Austin Harper hit a 3-pointer. Sophomore Ryan Gray added a nice blocked shot during the Wilmington run.

Down 41-30 at halftime, Wilmington stayed close in the third quarter.

After Burlington took a 47-32 lead, the Wildcats scored eight consecutive points.

Lawler hit a 3-pointer, senior Ben Marvin finished a nice pass from Balter and a Balter block led to a three-point play by Gomez at the other end to made it 47-40.

A Gomez layup, a 3-pointer by Marvin and senior Michael Oatis' inside hoop kept the lead at seven, 54-47, at the end of three.

The Red Devils would score the first eight points of the fourth quarter to take a 15-point lead and Wilmington wouldn't get closer than 13 the rest of the way.

Lawler led WHS with 14 points, Gomez had 12 and Oatis contributed six to lead the 'Cats.

Marvin and Gray each chipped in with five for Wilmington.

In Sunday's matchup with Belmont, the 'Cats experienced a recurring theme throughout their winter season. Fourth-quarter woes hamstrung Wilmington in a 67-59 loss.

"Probably the turnovers," Amico said of what went wrong. "We finished with 17, which is way too many. That's one of our higher numbers all year."

Wilmington fought back from two separate 11-point deficits to tie the game both times.

The Marauders finally pulled away in the closing moments.

"They're just so used to losing for so long here," said Amico. "We really don't know how to win.

When you're getting down to two, three minutes left in the game, and they know they have a chance to win, I think they kind of get nervous."

Gomez (11 points) and Christian Febbo (9 points) highlighted the Wildcat offense, but it was Balter who stole the show on Sunday. His 23 points was a career-high.

"I've been with him now for all three of his years, and he's really just improved so much every year," said Amico. "He's a fantastic defender and a very good rebounder. He's very skilled offensively. He's starting to realize how dominant he can be in the post."

A 2-8 start is not what Amico and his squad had hoped for this season, but the 'Cats have been right there. A few late-game shots later, Wilmington will be right back in the thick of it.

"Obviously, (2-8) is not what we expected," said Amico. "But we've been in really every game, and we've been competitive. We've had multiple games where we were leading or tied in the fourth quarter and just couldn't finish."

Above all, his senior leadership group has kept the team in high spirits when it can be easy to be frustrated.

"They're doing a good job," said Amico. "The group of kids is really close, which helps. We have four captains and other senior leadership. We're not giving up."

Girls hockey falls to Methuen/Tewksbury

Red Rangers have too much fire power for Wilmington/Stoneham

By JASON COOKE
Sports Correspondent
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METHUEN — Kat Schille had her name written all over Tewksbury/Methuen's 5-1 win over Stoneham/Wilmington on Wednesday night.

The senior forward netted a hat trick and added an assist, powering the Red Rangers offense to the win column after two straight losses.

Stoneham/Wilmington's Maddie Sainato made 32 saves between the pipes, keeping her team afloat in a first period where she was peppered with 19 shots.

Tewksbury/Methuen's increased pace of play ultimately was the deciding factor, improving to 7-3 at Methuen High School.

"Regardless of who you play, we have things we want to work on and stay consistent," said Red Rangers head coach Dave O'Hearn. "Even though our caliber was a little stronger than theirs was today, I thought we did what we wanted to do. We wanted to get some offense going because we've been struggling this year and the last three games to put some goals on the board."

That's exactly what O'Hearn's squad did.

The Red Rangers totaled 37 shots on goal, converting five tallies in an offensive reset after scoring three combined goals in their previous two losses. Most of that offense came in the first period, where the team potted three goals in a span of four minutes to set the tone. Schille opened the scoring at the 6:15 mark on a feed from Lyla Chapman, followed by a bar-down rocket from MJ Petisce that Schille assisted. Schille's breakaway goal with two minutes remaining in the period gave the Red Rangers a quick 3-0 advantage.

Stoneham/Wilmington did everything they could to control the damage, and it started with Sainato in goal, making 16 first-period denials to keep her team alive. The senior netminder was alert, quick, and versatile, making a handful of highlight reel stops amidst a flurry of scoring opportunities.

"She plays phenomenal," said Stoneham/Wilmington head coach John La Piana. "She makes so many saves and we're not always there to help her out with the rebound or around the crease."

The Red Rangers kept up the pressure in the second frame, overwhelming Stoneham/Wilmington in their defensive zone. The Red Rangers tallied two more goals, the first on a shot from Lexi Ford that found twine, followed by the exclamation point on Schille's four-point night. Her third goal of the game was assisted by Samantha Ryan and Jaylen Marsh.

"We're not scoring pretty goals, we're not having girls go down end to end," said O'Hearn. "That happens very infrequently, so the things that we want to focus on is getting good quality opportunities on odd-man rushes, getting pucks to the net, attack the net with our sticks on the ice ready for those rebounds."

Stoneham/Wilmington struggled to get anything brewing offensively, posting just two shots on goal in the period.

"They're a very, very skilled team," admitted LaPiana. "They got skilled players, they move the puck laterally, they rotate. Those are all things we actually work against, but to work on it in practice and then to roll it out against a fast and skilled team, that's too different things."

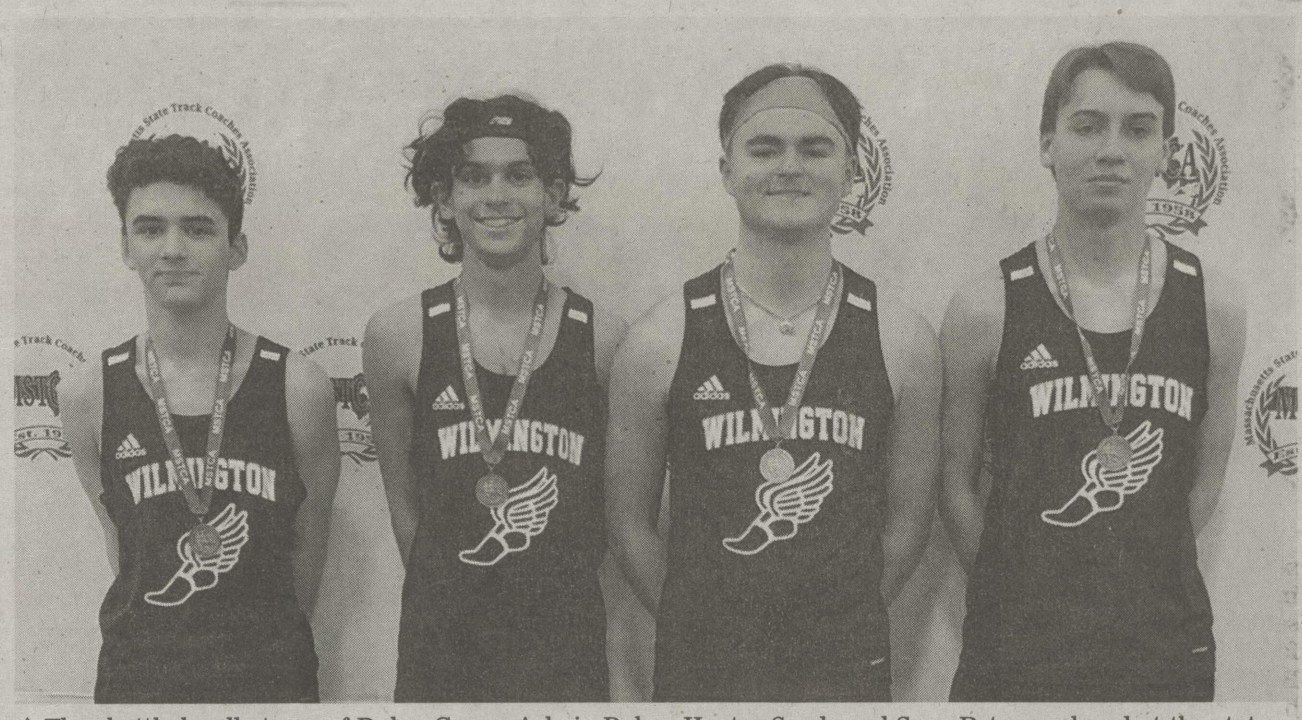
However, the loss doesn't discourage his team. While gearing up for a potential postseason run, competing against the iron of the state will only benefit Stoneham/Wilmington in the long run.

"You always want to play better teams during the season," said the coach. "So that way, when you get to the tournament, you're already seen tournament speed and tournament intensity. We don't want to set the girls up to take a beating during the season, but we don't mind playing a team that's more skilled than us because we have to be better."

Stoneham/Wilmington did manage to get on the board in the third period, capitalizing on a Vivien Savole shot from the point that trickled past Rhyan Pitari. Ashley Mercier and Emma Ebert assisted on the score.

"They're all trying really hard, and it's a great group with great character and great work ethic," said LaPiana. "It's a muscle memory thing that we have to make that leap."

Track teams compete at state relays



▲ The shuttle hurdle team of Dylan Grace, Ashvin Baker, Hunter Sands and Sean Patrone placed at the state relays. (Courtesy photo)

On Sunday, the Wilmington High boys and girls track teams competed at the MSTCA Div.4 state relays.

The boys placed 12th as a team with nine points and the girls placed sixth as a team with 14 points.

Earning medals for the boys was the 4 x 50 shuttle hurdle relay of Sean Patrone, Ashvin Baker, Dylan Grace and Hunter Sands, who were sixth with a time 29.51 seconds which is the second-fastest time in WHS history.

The long jump relay of Martin Philiossaint (state qualifier of 19-4.25), Aidan Burke (18-1.5) and Cam Jenks (18-0.25) were fifth with a combined leap of 55 feet, 5.75 inches.

The high jump relay of Sean Patrone (6 feet), Hunter Sands (5-8) and Ashvin Baker (5-6) were third with a combined height of 17-2.

Also competing were:
the 4 x 50 shuttle dash of Philiossaint, Jenks, Foresyth, and Jean — 12th in 23.62

4 x 50 shuttle dash of Molina, Murphy, Perez and Powers — 34th in 25.97

4 x 800 relay of Holleran, M. Dynan, N. Cardin and Burns — 13th in 9:12.60 (state qualifier)

Sprint medley relay of Jean, Harris, Grace and D. Dynan — 19th in 4:22.89

sprint medley relay of Carriere, Molina, Farias and Sivakumar — 29th in 4:45.39

4 x 200 relay of Philiossaint, Foresyth, Burke and Sands — 18th in 1:41.84

4 x 200 relay of Molina, L. Cardin, Bond and Murphy — 36th in 1:52.16

Distance medley relay of Holleran, N. Cardin, M. Dynan and Burns — 10th in 12:05.81 — 10th fastest time in WHS history

4 x 400 relay of Baker, Burke, Jenks and Burns — 11th in 3:49.15

4 x 400 relay of Samaha, Patel, Abbott and Atwater — 24th in 4:55.73

Shot put relay of Borges (32-3.75), Wright (29-6.75) and Purohit (25-4.75) - 19th with a combined throw of 87-3.25.

Earning medals for the girls were:

4 x 50 shuttle dash of Kayleigh Walker, Emily Doherty, Ali Doherty and Alexis LeBlanc who were 4th with a time of 25.90 seconds which is the 3rd fastest time in WHS history.

Sprint medley relay of Alexis Melvin, Alexis LeBlanc, Cate MacDonald and Addy Hunt who were 4th with a time of 4:30.25 which is the 3rd fastest time in WHS history.

High jump relay of Mollie Osgood (5 feet), Giselle Olatilu (4-5) and Emma Callahan (4-2) were 3rd with a combined leap of 13-7.

Also competing were:

4 x 50 shuttle dash of Boutoures, Simpkins, Glaser and Tsankova — 28th in 28.12

4 x 800 relay of Israelson, Strhalaleck, Shackleford and Zaya — 14th in 12:00.74

Sprint medley relay of Walker, Carriere, White and Kiley — 10th in 4:50.03 — 9th fastest time in WHS history,

4 x 200 relay of Tsankova, Grace, E. Doherty and A. Doherty — 18th in 2:00.07

4 x 200 relay of Drozdowski, O'Connor, Giammarco and Vo — 34th in 2:12.70

Distance medley relay of Israelson, Zaya, Shackleford and Stryhalaleck — 11th in 15:51.33

4 x 400 relay of Carriere, White, MacDonald and Hunt — 9th in 4:31.78

4 x 400 relay of De Los Reyes, Douzepis, Fitzgibbons and Kiley — 26th in 5:27.47

Shot put relay of Krueger (27-4), Howie (26-1) and Tarin (20-4.25) — 13th with a combined throw of 73-9.

▲ The girls sprint medley relay of Alexis Melvin, Addy Hunt, Lexi LeBlanc and Cate MacDonald scored at the state relays. (Courtesy photo)

▼ Hunter Sands, Sean Patrone and Ashvin Baker placed in the high jump. (Courtesy photo)

▲ The shuttle dash relay of Kayleigh Walker, Emily Doherty, Aliu Doherty and Lexi LeBlanc had a good day at the state relays. (Courtesy photo)

Shawsheen Tech Roundup:

Ram wrestlers dominate at home

Shawsheen sweeps quad meet, rallies past Tewksbury

By DOUG HASTINGS
Sports Correspondent
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The Tewksbury High wrestling team had a good day on Saturday in Billerica.

Shawsheen Tech?

Its day was just a little better.

The Redmen beat Franklin and Melrose in dual-meet action while falling to Shawsheen Tech by a 41-27 score.

The undefeated Rams went 3-0.

Tewksbury's effort against Shawsheen was outstanding. The Rams had allowed more than 22 points only once this season in a 45-29 victory over Milford.

TMHS led after eight of the 14 matches were completed.

The Redmen won the first four matches, Shawsheen won the next eight and Tewksbury took the final two in a back-and-forth battle that had the large crowd buzzing throughout.

At 103 pounds, Tewksbury's Jack Lightfoot took a 5-0 decision from Jayden Perez of Shawsheen. The match was scoreless after the first period and most of the second before Lightfoot pulled ahead.

At 113, Nick Desisto of the Redmen continued his fine season by pinning Dante Graziano of the Rams in the first period.

A terrific battle at 120 saw Ben Barrasso of the Redmen pin Shawsheen's Dante Guisiti with just 55 seconds remaining. At the time, Barrasso led 10-7 in a contest that saw both competitors have the lead at one point.

Up 15-0, Tewksbury made it 18-0 when Angelo Desisto took a decision from Aiden Pimental at 126 pounds. The match was tied 4-4 into the third period before Desisto scored three late points for the victory.

At 132, Sean Callahan didn't beat Shawsheen's Caleb Caceres, but battled hard to not get pinned.

Callahan fell by a 10-1 score, but saved two valuable points for his team.

Shawsheen earned another win at 138 when Quinn Carbone topped Ryan Callahan by a 10-2 score, but Callahan, like his brother, worked tirelessly to avoid losing by fall. Callahan was competitive throughout the six minutes as the score was tied 2-2 after two periods.

A match that easily could have been 18-12 had TMHS leading 18-8 after six matches.

From 138 to 190 pounds, Shawsheen outscored Tewksbury by a 33-0 margin, taking an insurmountable 41-18 lead with two matches left.

Sid Tildsley of Shawsheen pinned Cam Heichman in the first period at 138, James Tildsley needed just eight seconds to win his match at 150 and Nate Malandain was a winner in 42 seconds at 157.

Neither team had a wrestler at 165, but Shawsheen won at 175 when Jake Metcalf beat Seamus Macdonald of Tewksbury by fall in period No. 2 in a good match that saw Macdonald leading after the first period.

At 190 pounds, Ryan Murphy won by a first-period fall.

The key match was at 144 pounds where Logan Holmes of Shawsheen edged Hunter Johnson of Tewksbury by a 10-7 score.

It was the most competitive and entertaining match of the day as Holmes led 8-7 late in the match before securing a takedown in the closing seconds to clinch the win.

Tewksbury won the last two bouts.

At 215, Manny Mengata pinned Jared Molgard in 42 seconds and heavyweight Anthony Monteiro of Tewksbury took a 5-0 decision over Jake Anzack to finish the match.

GIRLS BASKETBALL

The Shawsheen Tech girls basketball team improved to 4-7 overall on Friday with a 39-35 victory over Greater Lowell.

Fiona Rexford led the Rams with 17 points and eight rebounds while Jailyn DiNuccio added 11 points and six assists.

Shawsheen's defense came up big in the win. The Rams led 6-4 after one quarter and outscored Greater Lowell by a 19-6 margin in the second quarter.

Greater Lowell cut the deficit to eight after three quarters (32-24), but Shawsheen hung on for the tight win.

Rexford had four points in the fourth quarter to help the Rams hold on.

BOYS HOCKEY

Heading into a Thursday clash with Essex Tech, the Shawsheen Tech boys hockey team is 10-1 overall after two dominating wins last week.

The Rams crushed Nashoba Tech/Greater Lowell on Saturday by a 6-0 score and beat Methuen last Thursday by a 7-1 final.

Against Methuen, five different Rams had goals led by Chase Darcey, who had a hat trick. Michael Cedrone continued his phenomenal year in goal, making 19 saves.

Also with goals for the Rams was sophomore Justin Thibert of Wilmington, junior Darion Considine of Wilmington, senior Liam Milne of Wilmington and sophomore Jacoby Patterson. Collecting assists was Keenan Considine, Larry Cullity, Kyle Gray, Colin Lawson and Eric Banda.

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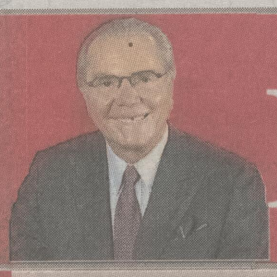

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